

WIN!

A 10MM CARBINE, KUKRI KNIFE

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The Magazine of Self Reliance

GUIDE

AUGUST 1991 VOL. 13 NUMBER 8
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A knife is only as good as the materials from which it's made, and from point to pommel, the new Gryphon M30A1 is unsurpassed! It should be—it was designed by world famous knife maker Robert Terzuola. Absolutely no compromise has been made to bring you the M30A1—the finest combat knife money can buy. You will feel the quality of the M30A1 the first time you pick it up. It's produced by skilled craftsmen in Seki, Japan. Nestled in the mountains, Seki has been Japan's sword-making capital for centuries.

The best blade money can buy

The M30A1's razor-sharp 6 1/4" blade is made from ATS-34 steel, the choice of most premier custom knife makers in America—and what a blade it is! The massive full-length tang extends to, and becomes part of, the lanyard hole for maximum strength. Each blade is double hollow-ground by hand, expertly sub-zero quenched and double tempered for added durability and edge retention. Each blade is Rockwell tested (Rc 58-59) to assure perfection. The Rockwell test mark is clearly visible on the blade of each M30A1. But that's only the beginning.

A handle you can hold onto

Without a properly designed handle, your knife is next to worthless. The Gryphon M30A1 has a handle designed to fit anyone's hand comfortably. The handle is made from durable DuPont Zytel which has been UV and heat stabilized—the result, a handle that is impervious to the elements. You'll get a secure grip in any position because the handle is lightly checkered and slightly ridged for a positive, non-slip grip. The low top guard allows you to place your thumb on the back of the blade for maximum control and extra leverage when cutting.

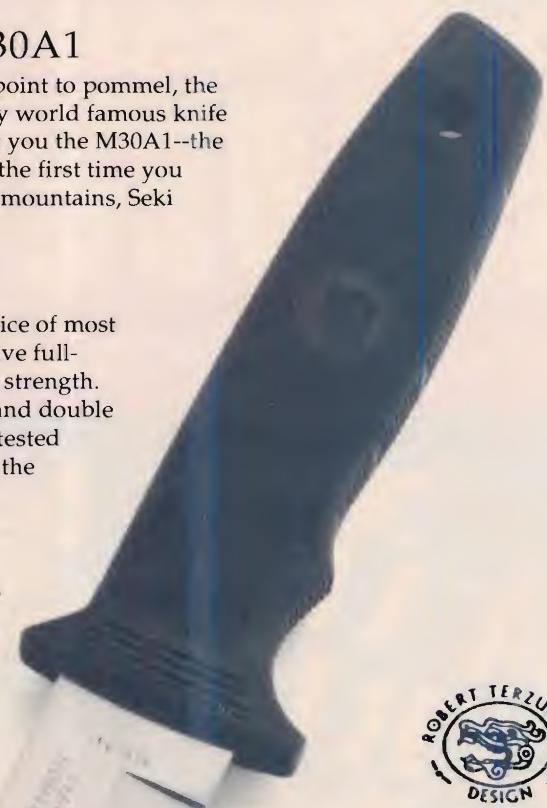
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A knife as fine as the Gryphon M30A1 deserves a superior sheath. Gryphon Knives realized the importance of a top-quality sheath and teamed up with renowned sheath-maker Blackie Collins to create something special. The result of Blackie's handicraft is a fantastic Cordura sheath, made specially for the Gryphon M30A1. It's stitched with heavy thread and quadruple-riveted. It's lined with a thick rubber welt to protect the user and the knife blade. And it's finished off with a sturdy snap closure which keeps your knife secure in its sheath. A Bianchi military-spec belt fastener is included for use with G.I. pistol belts. A handy leg tie-down keeps the sheath doubly secure.

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GRYPHON M30A1 SPECIFICATIONS

Blade steel	ATS-34
Rc hardness	58-59
Blade length	6 1/4"
Length overall	11 1/4"
Blade thickness	3/16"
Weight, knife	8.4 oz
Weight, sheath	6.8 oz
Made in	Japan

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AMERICAN SURVIVAL GUIDE

The Magazine of Self Reliance

AUGUST 1991 VOLUME 13 NUMBER 8

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Iver Johnson Arms commemorative 50th anniversary M1 Carbines, the "Stars & Stripes" and "Texas Army National Guard." See page 24
(Photo by Scott Stoddard).

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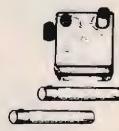
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IN THE HOUSE OF REPRESENTATIVES

MARCH 12, 1991

Mr. McNease (for himself, Mr. Greenback, Mr. Lewis of California, Mr. Edwards of Oklahoma, Mr. Hunter, Mr. McCollum, Mr. Weller, Mr. Sargeant, Mr. Mooneyhan, Mr. Ganske, Mr. Sarbanes, Mr. Schreier, Mr. Bliley, Mr. Livingston, and Mr. Powers) introduced the following bill; which was referred to the Committee on the Judiciary

A BILL

To restore an enforceable Federal death penalty, to curb the abuse of habeas corpus, to reform the exclusionary rule, to combat criminal violence involving firearms, to protect witnesses and other participants in the criminal justice system from violence and intimidation, to address the problem of gangs and serious juvenile offenders, to combat terrorism, to combat sexual violence and child abuse, to provide for drug testing of offenders in the criminal justice process, to secure the right of victims and defendants to equal justice without

I was speaking recently with a former member of the U.S. Army Special Forces about guns.

Now a civilian and businessman, he talked about some of the guns he owns and is interested in. In the course of

TO THE POINT

Can we wake the public up to the threat of anti-firearms-ownership legislation before it's too late? . . .

our conversation the subject of gun control and gun control legislation came up. He stated he believed gun control was needed to curb crime. Even if only 10 percent of the illegally possessed guns could be kept out of criminal hands as a result of gun control legislation, it would be worth it, he said. Law-abiding and authorized people like him will always be able to obtain firearms, he said confidently.

But, no, he won't. Not if some of this "gun control" legislation gets passed and signed into law. What this guy and many other people like him — people who like guns but have absolute trust in their government — don't realize is that there are many, many people in our government and media and other segments of society who want ALL privately owned guns confiscated and private ownership of ANY firearm per-

manently banned.

I've talked about these anti-firearms-ownership types plenty of times in this column: Their origins, philosophy, mentality. The bottom line is that we have an alarming number of benighted, brainwashed people in this country who are convinced, for various reasons, that all the guns in the hands of the private citizens MUST be rounded up and confiscated.

Many basically pro-gun people — that is, people who believe in law-abiding citizens being allowed to own guns — have ultimate trust in their elected officials and the media and are unaware of what's really behind all the "gun control" legislation...unaware of the true motive behind all the rhetoric about how we HAVE to DO SOMETHING to stop/control crime, etc., etc., etc.

Here are a couple of examples of the grave threat to our firearms freedoms in some contemporary "gun control" legislation, aimed, ostensibly, at "crime control."

First, consider President Bush's "Comprehensive Violent Crime Control Act of 1991." This has been said by press reports to contain no gun control provisions. This is an absolute lie! The version I've seen, H.R. 1400, as introduced this year, contains provisions for making it a serious crime to "import, manufacture, transport, ship, receive, or possess an ammunition feeding device" — magazine — which has a capacity for more than 15 rounds, and for setting up a federal registry to keep track of the transfer of all such magazines legally possessed before the law is enacted, which includes "identification and address of the person entitled to possess the device; and such other information as may be required by regulations promulgated" under the law. In other words, the federal government will, under this law, strictly regulate possession and transfer of centerfire magazines holding more than 15 rounds. Law-abiding citizens will be prohibited from making, transporting, selling or possessing new magazines and those possessed before the ban will be strictly regu-

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Turning Junk into Arsenal Weaponry

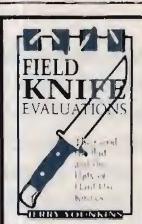
by Ryan K. Kephart

Heavy firepower. The mere words conjure up visions of a concentrated barrage of explosive weaponry. Yet with the simplest of tools and common items found around the house or on a junk heap, a wide variety of devastating improvised weapons can be constructed to generate such firepower for defensive purposes. This manual features over 20 simple plans for making bombs, mines, grenades and even a shotgun mortar. From such ordinary items as bottles, cans, mousetraps, light bulbs, pipe, BBs, gravel and extension cord wire, a determined defender can amass a fearsome array of munitions that can be arranged in a most cunning and deadly defensive perimeter. Simple formulas for sugar- and fertilizer-based explosives and even improvised napalm are provided. Due to the extreme danger of these plans and their end products, as well as laws forbidding the construction of these devices, **Heavy Firepower** is for information purposes only. 8 1/2 x 11, softcover, illus., 72 pp. \$15.00



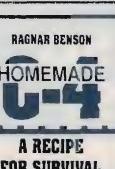
COMBAT AMMO OF THE 21st CENTURY by Duncan Long

You don't have to be in uniform to face combat. Any armed encounter is combat. This update of **Combat Ammunition: Everything You Need to Know** shows you how to win these showdowns by selecting or making modern, fight-stopping ammo - including .40 S&W, 10mm Auto, subsonic 9mm, tracer rounds, flechette cartridges and more. 8 1/2 x 11, softcover, photos, illus., 216 pp. \$30.00



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How does that blade you'd like to own measure up when put to the test? Finally, here's a resource that tells you - objectively. Younkins reveals how some of the best examples of hard-use cutlery cut, whittled, chopped and chiseled in the field, then appraises them accordingly. 5 1/2 x 8 1/2, softcover, photos, illus., 304 pp. \$24.95

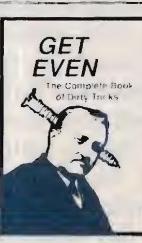


HOMEMADE C-4 A Recipe for Survival by Ragnar Benson

Survivors know that the day may come when they need something more potent than dynamite. For blowing bridges, shattering steel and derailing tanks, they need C-4. But it is not available in the U.S., so find out how to make your own by following Ragnar's step-by-step instructions. For information only. 5 1/2 x 8 1/2, softcover, photos, 56 pp. \$12.00

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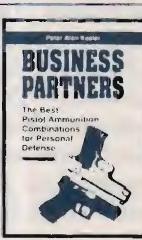


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From a former top explosives expert with the Israeli Army comes a manual that presents ten simple yet powerful formulas for explosives and incendiaries that give the basis for making bombs, booby traps and mines. Learn to obtain or make the needed chemicals or get substitutes. For information only. 5 1/2 x 8 1/2, softcover, illus., 80 pp. \$10.00

HOMEMADE SEMTEX C-4's Ugly Sister by Seymour Lecker

This first book focusing on Semtex, the plastic explosive most widely used by terrorists around the world, sets the record straight about this powerful but misunderstood explosive. Find out what it will and won't do, its strengths and weaknesses, and how it compares to its U.S. counterpart, C-4. For information purposes only. 5 1/2 x 8 1/2, softcover, 40 pp. \$10.00



BUSINESS PARTNERS The Best Pistol/Ammunition Combinations for Personal Defense by Peter Alan Kasler

Here is a practical and realistic assessment of which modern bullets work best in which handguns to get the job done in a life-or-death situation. From the truth about wound ballistics to the debate over the most effective calibers, this book holds nothing back. 5 1/2 x 8 1/2, hardcover, photos, illus., 200 pp. \$22.95

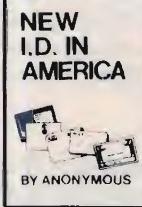


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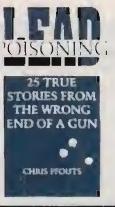
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SURVIVAL LINE

Anti-military school boards, high tech privacy invasion, heart disease and ear lobes, tornado protection for mobile home parks...

A number of school boards on the West Coast have passed resolutions barring military recruiters from appearing at their high schools. At the same time these boards voted to continue to provide anti-war groups access to their students.

These actions have outraged many across the country. One such person is U.S. Representative Gerald B. H. Solomon, a Republican from New York, who has called the recruitment bans "anti-American clauses." Solomon also notes that the districts which have introduced the anti-recruitment regulations, including both the Oakland and Los Angeles Unified School Districts, seem to be attempting to convince other school districts across the country to take similar actions. "The word is... that they are communicating with other high schools and colleges throughout the country in an attempt to build a ground swell for these resolutions."

Rep. Solomon has now introduced legislation in the House which would cut off federal aid to any school which deliberately inhibits military recruitment.

High Tech Privacy Invasion — Businessmen and civil libertarians don't often agree. But a new measure tucked inside of a counter-terrorism bill sponsored by Senator Joseph Biden Jr., Democrat from Delaware, has both camps lining up on the same side. The measure calls on telephone and computer companies to provide the government with a method to unscramble private electronic messages and telephone conversations which have been encrypted to insure privacy.

The measure was introduced because new electronic equipment is now available to corporations and individuals which allow them to encrypt voice and data transmissions. The technology is so effective that even the supercom-

puters at the National Security Agency are having great difficulty in unscrambling the encrypted messages. This has led to worries that criminals and terrorists will use the technology to defeat government surveillance efforts.

Businesses fear that competitors could use such "trap doors" for corporate espionage and that they could no longer guarantee privacy to customers. Said one manufacturer of encryption devices, "People have no idea what kind of threat to privacy this is."

Old Wives Tale? — A popular superstition holds that a diagonal crease in the ear lobe indicates that a person may have heart problems. Most physicians in the West dismiss the notion as an old wives tale. Chinese acupuncturists have long asserted a link between the heart and the ear-lobe.

Now, however, a researcher at the University of Chicago, William Elliot, has released the results of an eight-year study which he claims does indeed show a heart-ear lobe connection.

The study used 27 separate groups of four men and women each. It found that those who began the study with no signs of heart disease but with the ear lobe crease, had eight times the rate of sudden death, heart attack, and bypass surgery, than those without the crease.

Tornadoes and Mobile Homes — Many people have noted what seems to be an eerie link between mobile home parks and the proclivity of tornados to strike them. The American Meteorological Society has confirmed the link. It reports that 37 percent of the 250 tornado related deaths in the U.S. between 1985 and 1989 were of people in or fleeing mobile homes. Some 15 million people live in mobile homes in the U.S. The society urged that all mobile home parks be equipped with storm shelters. ●



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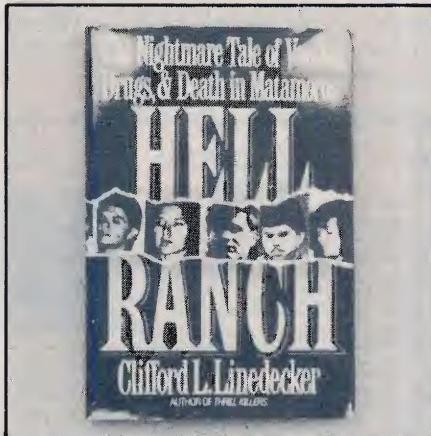
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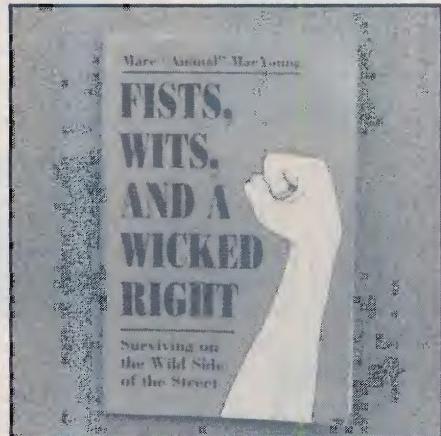
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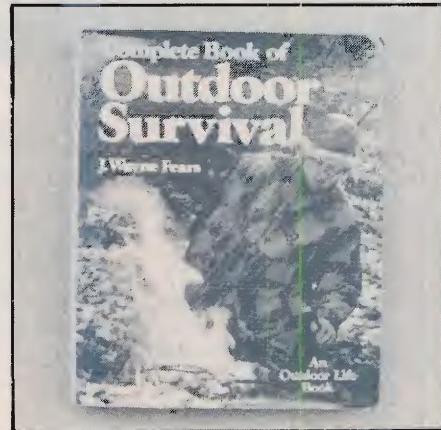
Hell Ranch, The Nightmare Tale of Voodoo, Drugs, & Death in Matamoros, by Clifford L. Linedecker. National Clearinghouse on Satanic Crime in America, P.O. Box 1092, Dept. ASG, South Orange, NJ 07079; (908) 549-2599. Hardcover, \$19.95.

When American pre-med student Mark Kilroy mysteriously vanished during a spring break night out in Matamoros, Mexico, with his college pals, even those who feared the worst never suspected the staggering magnitude of the horror that had claimed him. They had no way of knowing that the search for the 21-year-old student would eventually uncover a bizarre blood cult whose hunger for drug riches led them into black magic, perversion, and violent death. The case was uncovered in early 1989 when Mark's body was discovered hacked to death, legs amputated and body parts used in potions and rituals. A few days later 14 more dismembered bodies were found. The leader of the demonic drug and murder cult was Adolfo de Jesus Constantino, a charismatic 26-year-old Cuban-born homosexual from Miami. His companion was Sara Villarreal Aldrete, a statuesque 24-year-old Mexican beauty. During the day she was a physical education honors student across the border in Brownsville, Texas. At night she was the blood cult's high priestess. How can we prevent another satanic drug cult following like Hell Ranch from happening again? The author states, "Only the promise of swift and ruthlessly sure retribution, with execution or mandatory prison terms for drug smugglers and dealers, will equip decent Americans with the muscle to win the battle against the purveyors of poison."



Fists, Wits, and a Wicked Right, Surviving on the Wild Side of the Street, by Marc "Animal" MacYoung. Paladin Press, P.O. Box 1307, Boulder, CO 80306; (303) 443-7250. Softcover, 152 pages. \$14 plus \$3.50 shipping.

One thing Marc "Animal" MacYoung does not pretend to be is a traditionalist. As he puts it in this companion to *Cheap Shots, Ambushes, and Other Lessons*, "It's awareness, or wits, and fists that will keep you safe out there, not some fancy Oriental fighting form." That's what Animal focuses on here: the fine points and brutal technicalities of blows and targeting — not just how to hit but where to hit. Because the fact is, the key to winning a fight is not necessarily to hit faster, or even harder, but to do serious damage to the other guy before he can do it to you. On the flip side, once you know what hurts, you'll know how to protect your most vulnerable areas with a little more gusto. This isn't pretty, but it's the critical information no one else talks about — the stuff that will keep you alive and intact, not dead meat, on the wild side of the street.



Complete Book of Outdoor Survival, by J. Wayne Fears. An Outdoor Life Book available from: High Country Enterprise, P.O. Box 746, Dept. ASG, Saguache, CO 81149; (719) 655-2432. Hardcover, 485 pages. \$32.95 plus shipping.

A very comprehensive book on outdoor survival — an encyclopedia-like work that would make a great addition to a survivalist's library. Learn how to handle the full range of outdoor survival crises as well as how to prevent these crises in the first place. The author explains how the challenge to a lost, injured, or stranded victim is usually far more mental than physical. He stresses the importance of calmly establishing task priorities. He then offers whole chapters on devising shelter, maintaining a fire, obtaining good water, and preparing signal devices. As to food, you learn the advantages of packing along lightweight, high-energy snacks even on routine day outings so that you won't immediately have to live off the land. Yet you'll also find well illustrated chapters on obtaining and preparing edible plants and animals. Learn how to "lost proof" your child and how to navigate in rugged country.



The World Guide to Gun Parts. Edition 16. The Gun Parts Corp., Dept. ASG, West Hurley, NY 12491; (914) 679-2417. Softcover, 572 pages. \$5.95 postpaid.

With an inventory of over 350 million gun parts, it takes over 500 pages to list the obsolete, modern, military and commercial parts and accessories available from the Gun Parts Corp. Hobbyists, collectors, sportsmen and gun enthusiasts will find this catalog to be one of the best sources for gun parts, services, and special interest items. Virtually every page contains illustrations and exploded views of rifles, pistols and shotguns with listings of part numbers and prices.

(Continued on page 43)

BASIC LIFE SKILLS FOR SURVIVAL

The Best of Woodsmoke A Manual of Primitive Outdoor Skills

Compiled by Richard L. Jamison

Primitive camping and living off the land is an art, and the 11 authors who contributed articles to this book are no arm-chair theorists. Their writings on many specialized skills have been compiled by Richard L. Jamison, a skilled outdoorsman and writer. Topics include surviving solo, building shelters, finding water, trapping, hunting and fishing, the basics of keeping warm, how to handle wild game, and how to survive mentally. Numerous professional photographs and illustrations demonstrate these skills in detail.



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Esther Dickey

This innovative book presents new insights for survival, self-sufficient living, gardening and cooking in a bright, highly-readable style. Organized into 3 specific sections on home management, home gardening, and foods, this guide provides useful information on organizing the home and family into a more efficient unit, emergency preparedness, and constructing emergency equipment and conveniences. It also imparts guidance on the best ways to plant a home garden in order to harvest the best yield. Another section continues with extensive information on the nutritive values of many foods, new techniques of food preparation and preservation, and includes many tasty recipes based on emergency foods. Price \$15.95



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Rosalie Mason

Recent world events have made many families decide this will be the year they prepare food storage and other emergency necessities. This book is the perfect start to those important plans. It's an easy guide that explains the "how to's" of starting, maintaining and sustaining a food storage program that will fit every family's needs. Price \$10.95

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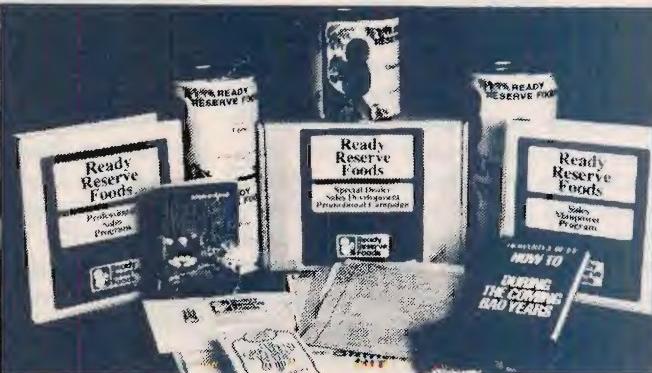
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DeSantis Policewoman Shoulder Bag

The Policewoman Shoulder Bag has quickly gained acceptance among women undercover officers for effortlessly concealing most handguns from "J" Frame two-inch models up to the likes of a Beretta 92, yet keeping the weapon easily and instantly accessible via a hidden opening. It has proven itself beyond compare in undercover operations all over the world. Suggested retail price is \$109. For a color catalog of all DeSantis holster and leather products send \$3 to: DeSantis Holster & Leather Goods, 149 Denton Avenue, Dept. ASG, New Hyde Park, NY 11040; (516) 354-8000.



Viper Auto Security

The New Vipers from Directed Electronic, Inc. introduce several creative product concepts to the auto security industry. The engineers at Directed Electronics have refined the Viper line to, once again, set the standards for 1991 in the auto security market. Viper's control unit is now $\frac{1}{3}$ smaller without sacrificing any on-board capability or its impressive range of up to 150 feet. And Viper still has the lowest failure rate in the industry. The new

low profile cases are perfect for under-dash placement, even in space efficient mini cars. The new Viper line also has zone identification which reports the zone that was triggered while you were away. And only Viper comes with the exclusive 6-tone "Revenger" siren with six unique sounds — use all six or program any number of sounds to give you a personalized alarm. Directed Electronics, Inc., 1413 Linda Vista Drive, Dept ASG, San Marcos, CA 92069; (619) 471-1714.



Shooting System's M/ASH Holster

More than a decade ago, Shooting Systems Group developed and popularized the systems approach to shoulder holsters by creating individual holsters, harnesses, and accessories which can be quickly interchanged using special molded buckles. They also perfected a unique method of making premium fabric holsters, in which up to five layers of the finest ballistic nylon cloth are painstakingly cut, turned, and stitched to form the holster. Their latest system is the "Modular/Ambidextrous Shoulder Holster" (M/ASH) system, an all-new shoulder holster, harness, and accessory package that combines proven methods with newly-engineered components. Each M/ASH System features quick-connect buckles, sight pocket for factory sights, reinforced thumb-break strap, and hand clearance for a full grip on the gun. For more information contact: Shooting Systems Inc., 1075 Headquarters Park, Dept. ASG, Fenton, MO 63026-2478; (800) 325-3049.



Mini Pal & Hai Hocho Knives

Cold Steel introduces two new knives to their superb line of quality cutlery products. The exciting new Mini Pal tips the scale at a mighty half an ounce. It features a razor sharp serrated edge that zips through a host of materials. Its unique handle offers a variety of grips that would be impossible with any other design. Each Mini Pal comes with a tough hard nylon sheath with quick release feature. Length is one inch. Width is $\frac{3}{4}$ of an inch. Suggested retail is \$14.95. In Japan "Hocho" means knife and the distinctive shape of the traditional Hocho can be found

in every area of Japanese life. The Hai Hocho brings this blade shape to the U.S. The three-inch serrated blade makes it a great cooking, camping, fishing or boating knife. The unusual handle is ergonomically designed to offer a variety of comfortable, secure grip styles. A tough hard nylon safety sheath clips onto the blade with a patented locking mechanism. Suggested retail is \$29.95. Both knives feature Kraton rubber grips and 400 series stainless steel blades. Cold Steel, 2128-D Knoll Drive, Dept. ASG, Ventura, CA 93003. For your nearest dealer call toll free 8am to 5pm PDT, (800) 255-4716 or in CA (800) 624-2363.

NEW PRODUCTS



Heads Up! Carbon Monoxide Alarm

The Model HU-1224 is a NATO approved detector for Carbon Monoxide, Natural Gas, and Butane/Propane. It runs on 12 or 24 volts DC so it is ideal for cars, planes and boats. With an adapter it will also run on 110 volts AC. The alarm level is 200ppm for CO, 8,500ppm for Methane and 2,000ppm for butane and propane. The audible alarm is loud at 95 dBA, 2,500 - 2,900 Hz pulsating. A green LED shows that it is in normal operation. When the alarm sounds a red LED lights up. The unit measures approximately 3.9" x 1.9" x 3.1" and weighs six ounces. Retail price is \$125. Sims Marketing, 23 North Gore Avenue, Suite 002, Dept. ASG, St. Louis, MO 63119-2300; (314) 961-4344.



Anatomy Man Combat Targets

These unique targets are based on a scoring system that rewards more points for hits to the vital areas such as the spinal column, heart, brain, and lungs and with lesser scores to bone and flesh. The targets are photographic images, and to the shooter at a distance, that's all he sees — an image of a man. When it comes time to do the scoring, close inspection of the target reveals light outlines of the anatomy showing heart, spinal column, lungs, bone, etc. with the points indicated within each boundary. A variety of targets are available including the "Omega One," a photo with the bad guy pointing a handgun at the shooter

(75 cents each), the "Opposing Forces" with a camo-clad man pointing a long gun at the shooter (90 cents each) and the "Final Option" showing a female hostage held in head lock with the bad guy holding a pistol to her head (75 cents). Of course the bad guy is using her as a shield, so only a head shot will do. A half size "Triple Tap" non photo target is available for triple tap fast shooting practice (40 cents). The softcover scoring book for the Anatomy Man Target System costs \$10.50. Record forms and scoring books plus the Anatomy Man targets are available from: Lock & Load Distributors, 1790-10 E. Market Street, Suite 224, Dept. ASG, Harrisonburg, VA 22801; (703) 289-6892.



Backwoods Home Magazine

Apartly Mother Earth News, the magazine devoted to self sufficiency, country living, and alternative energy hasn't been published recently. An heir apparent to this niche in the publishing industry is *Backwoods Home Magazine*. Billed as the "magazine for people who value their independence," *Backwoods Home* offers articles on shelter building, solar power, batteries, inverters, energy efficiency, gardening, water systems, herbal remedies, and hundreds of more topics having to do with country life. A good reference source for retreat builders who

will be living in remote, isolated conditions. The July/August issue contains articles on homemade soap, methane fuel from biomass, converting a gas car to electricity, owner-built homes, and also photovoltaics and price breakthroughs in the future. Subscriptions cost \$17.95 for one year, \$29.95 for two years and \$44.95 for three years. Mail payment to: *Backwoods Home Magazine*, P.O. Box 2630, Ventura, CA 93002; (805) 647-9341.



72 Hour Kits

SI Outdoor Food & Equipment has come out with a line of 72 hour kits that include supplies that are useful in emergency evacuation situations such as earthquake, hurricane, flood or fire. It is well known among government agencies and businesses that in the event of any large scale emergency it will take three days for private and government agencies to begin to pro-

vide help. One of the largest kits SI offers is the Superior Quality kit that comes packed in a large duffle bag and sells for \$159.95. It contains MRE meals for three days, a wool blanket, a heavy duty space blanket, tube tent, candles, flashlight, hand warmers, radio, survival candy, first aid kit, sierra cups, folding shovel, ponchos, Swiss style multi-purpose knife, nylon cord, waterproof matches, a sewing kit

and more. Their Deluxe 72 Hour Kit sells for \$99.95 and contains food and water for three days. Other items include a dynamo flashlight, solar radio, potassium iodide, first aid kit, tube tent, survival candy, waterproof matches, a space blanket and more. Contact SI Outdoor Food & Equipment, 435 W. Alondra Blvd., Dept. ASG, Gardena, CA 90248; (213) 324-8855 or outside California (800) 533-7415.



U.S Cavalry's Desert Patrol Knife

Ek knives have been through the thick and thin of World War II, and the wars in Korea and Vietnam. Now they can add Iraq. One of Ek's newest knives, made for Desert Storm soldiers in mind, is the Desert Patrol Bowie. It's camouflaged for the desert and provides for a useful tool in any combat or survival mission. It has a full-tang blade of high carbon steel

with a non-reflective finish and a Rockwell Factor of 57-59. The handle is wrapped with desert camouflage paracord which can be removed for utility purposes. The included sheath is a desert sand web with a four inch belt loop and Velcro safety closure. It measures 13 inches overall with a 6½-inch blade. Price is \$119.95 plus \$8.95 shipping. U.S. Cavalry, 2855 Centennial Avenue, Dept. ASG, Radcliff, KY 40160-9000; (502) 351-1164.

New MRE Items

NITRO-PAK has several new MRE items that are just becoming available to the civilian population. "Shelf Stable" bread may not sound appetizing, but it actually tastes pretty good. It comes in the normal MRE brown foil

wrapper and measures about 3½ inches wide by five inches long and ¾ inch thick. A nice complement to a hearty meat entree. \$1.39 each. Speaking of entrees, you might try the new Beef Stew — it sells for \$2.95. Instant lemon flavored tea mix comes in a small white



foil envelop and sells for \$.65 each. Just pour the powdered contents into a canteen filled one third of the way with hot or cold water. NITRO-PAK Home Preparedness Center, 13243 E. Rosecrans Avenue, Dept. ASG, Santa Fe Springs, CA 90670; (213) 802-0099 or (800) 866-4876. ●

Near-Drowning Victims

'The pre-hospital care provider can be a deciding factor in whether a patient is ultimately listed as a drowning victim or a near-drowning victim' . . .



Drownproofing and water safety courses can be fun as well as life saving.

In this article the author, a paramedic and firefighter, describes the physiological aspects of drowning and lists treatment procedures for trained professionals — The editors

By Todd M. Stanford

IN the United States, there are over 6,000 deaths annually from drowning. It is the third leading cause of accidental death. By definition, drowning is death from asphyxia induced by submersion in a liquid.

Near-drowning, then, is the successful break in the chain of events that begins with submersion and ends with death. Initial care rendered to such a patient, especially in rural or isolated areas, often determines whether or not that chain will be broken.

The pre-hospital care provider can be a deciding factor in whether a patient is ultimately listed as a drowning victim or a near-drowning victim. To properly treat such a patient, it is helpful to understand what occurs during

drowning. It is also helpful to understand what factors are truly important in managing this type of patient and perhaps dispel some myths surrounding factors that are often stressed but are of questionable importance and therefore of little value in the pre-hospital setting.

As stated earlier, drowning begins with the submersion of the patient in a liquid. The ensuing chain of events is referred to as the hypoxic march. Upon initial submersion, Step I, the victim holds his breath. This results in hypoxia (inadequate oxygen) which leads to tachycardia (abnormally high heart rate) and hypertension (increase in blood pressure). Hypercarbia (abnormally high level of carbon dioxide in the blood) begins. Anerobic (literally, "no oxygen") metabolism produces lactic acidosis.

Step II begins when the respiratory breakpoint is reached. At this time hypercarbic and hypoxic drives stimulate inspiration — of water. Tachycardia continues, as does tissue hypoxia and

metabolic acidosis (decrease in blood's pH as a result of acid production by the body).

During Step III water enters the lungs. Peripheral airway resistance increases. Reflex vasoconstriction (decrease in the diameter of the blood vessels) of the pulmonary vessels occurs. This results in pulmonary hypertension and the development of pulmonary shunts. Lung compliance decreases resulting in "stiff lung syndrome" which increases resuscitation difficulties.

Fluid shifts begin during this stage. Regardless of the medium, fresh or saltwater, the direction of shift is from the lungs, through the alveoli and into the blood. Alveolar surfactant is diminished. With saltwater, this is caused by actual loss of the surfactant. With freshwater the chemical structure of the surfactant is sufficiently altered to render it useless (denaturation).

The decompensation stage of drowning, Step IV occurs next. At this time the victim gasps for air, inhaling more water. The water and surfactant mix with the air to form foam and froth in the lungs and airway. The flux of water into the blood continues. The victim begins to swallow water. This results in emesis (vomiting). Apnea (cessation of breathing) recurs. At this time consciousness is lost.

Step V, the neuronal dysfunction stage, is characterized by a breakdown of the blood-brain barrier. Brain damage begins.

Up until this point the body has reacted to hypoxemia (inadequate levels of oxygen in the blood) by increasing the heart rate. The tachycardia has resulted in an increased oxygen demand. Now, at Step VI, cardiac dysfunction begins. Bradycardia (abnormally slow heart rate) starts. This progresses to arrhythmias (absence of regular heart beats) and finally asystole (absence of any heart beat).

At Step VII, biological, or irreversible brain death occurs.

Step VIII is characterized by death of the somatic, or vegetative processes



A toy boat, a tub of water and an unsupervised child can lead to a drowning.

of the brain. This is the final step in the above outlined hypoxic march — death by drowning.

Wet drowning occurs in 85-90 percent of drownings/near-drownings. Wet drowning is so called because the victim's lungs are flooded with water. The eight steps of the hypoxic march accurately describe what actually happens with the victim of this type of drowning.

In 10-15 percent of drowning/near-drowning incidents, laryngospasm (spasms of the larynx) occurs during step III, effectively sealing the trachea and protecting the airway from aspiration. Known as "dry drowning," the victim essentially dies from suffocation, with little or no damage to the lungs or its surfactant.

In some near-drowning victims, a phenomena known as "secondary drowning" occurs. In the last several years, researchers seem to be placing less emphasis on the tonicity (salt content compared to that of body fluid) of the inhaled/ingested water. Studies have shown that pulmonary edema can occur as a complication secondary to near drowning in both freshwater and saltwater. The mechanisms producing the edema are different, but the result is the same. A period of up to 72 hours of improvement is suddenly followed by fulminating pulmonary edema. The fulminating pulmonary edema that occurs after successful initial resuscitation and clinical improvement is

referred to as secondary drowning.

There are several variables which play a large role in the survivability of the near-drowning victim. Was there any trauma to the victim? It would be self defeating to hyperextend the neck of a patient to ventilate him and sever the spinal cord. Cervical spine injury is always a possibility. Were drugs or alcohol ingested by the patient? What are the patient's underlying medical problems? Is the patient epileptic? A diabetic with depleted glycogen stores will be somewhat difficult to resuscitate until some glucose is on board. Is the incident the result of anaphylaxis (severe allergic reaction) brought on by a sting from a jellyfish or injection of clams? If at all available, witnesses and associates should be interrogated to determine a history.

Panic also is an important factor affecting the outcome of the incident. If an individual resignedly slips below the surface, following a shipwreck in the North Atlantic, or is unconscious prior to entering the water, his prognosis is much more favorable than that of the person who panics and struggles to get air into his lungs. Panic releases large amounts of catecholamines into the bloodstream (fight or flight syndrome). This stimulates tachycardia which raises the oxygen demands of the heart. As the myocardium (heart muscle) becomes increasingly hypoxic, it becomes increasingly irritable. Ectopic beats (beats originating in an unusual area of the heart) become frequent until ventricular fibrillation

occurs, followed by asystole. Thus, in this instance; the rescuer is attempting to resuscitate and infarcted myocardium.

The patient's approximate age is very important. It is generally accepted that infants and toddlers possess a mammalian diving reflex. This is a series of physiological responses to immersion that results in peripheral vasoconstriction and shunting of blood to the brain, heart and lungs. Reflexive apnea and/or laryngospasm keeps the lungs dry, as well. Recent studies refute the existence of such a reflex in humans of any age. Though controversial, the existence of such a reflex and the belief that it is stronger in young children would help explain the predominance of children in any list of near-drowning survivors.

Time of immersion obviously enters into survivability. However, unlike anoxia out of water, anoxia of submerged tissue does not appear to have such rigid limitations.

Besides a victim's age, duration of immersion and general health, probably the most decisive factor of all is water temperature. Studies on animals and humans, as well as data gathered from accidents, show that immersion in very cold water lowers the body temperature, slows the metabolism, and decreases the oxygen requirements of the body. The saying "A patient isn't dead until he's warm and dead." is ever so true for the drowning victim.

The hypothermic drowning/near-drowning victim presents special examination and handling challenges. One authority, J.P. Orlowski, warns, "A full minute or even longer may be required to detect a single heart beat or breath in a severely hypothermic patient." Additionally, "The cold and bradycardic heart is very irritable and fibrillation is easily induced." A core body temperature of about 85 degrees Fahrenheit will probably be refractive to defibrillation attempts. Based on the available information, the individual who has fallen into ice water, if handled properly, has a good chance of full recovery.

Treatment — Treatment of a drowning/near-drowning victim is aimed at relieving hypoxia. Mouth-to-mouth ventilations can and should be begun in the water as soon as the victim is found to be apneic. It is difficult to palpate the pulse of a healthy person while you are both in the water. Any attempt to do so on a victim is a waste of precious time. If the patient is not

Near-Drowning Victims



CPR instruction in the schools, home and workplace would help reduce many drownings to near-drownings.

hypothermic, once out of the water CPR should be performed if indicated (absent heart beat).

A cervical immobilization (rigid collar) device should be applied at the earliest opportunity. Expect the patient to vomit and have suction ready, if possible, to prevent aspiration. In the absence of spontaneous respirations, the patient's airway should be secured; preferably by endotracheal intubation.

The patient should be ventilated with 100 percent oxygen using a bag-valve assembly. A nasogastric tube should be passed to remove stomach contents and facilitate respirations. The Heimlich maneuver is contraindicated in uncomplicated drowning victims as it will almost certainly produce reflux of the gastric contents with the risk of aspiration.

An intravenous of Dextrose 5 percent in water should be started and run at a keep open rate, if someone is on the scene who can initiate an IV. Metabolic acidosis will interfere with resuscitative efforts. This should be treated by the intravenous administration of Sodium Bicarbonate, 1mEq/

kg in the adult and 2mEq/kg in the child. Cardiac dysrhythmias should be treated following standard ACLS (Advanced Cardiac Life Support) protocols. Management is simply aimed at relieving hypoxia, preventing aspiration, correcting acidosis and monitoring or maintaining cardiac activity. ALL victims of near drowning should be transported to a hospital for examination. This should be stressed very strongly to any reluctant patient or parent.

Treatment of the hypothermic drowning/near-drowning victim has the same objectives but is a bit more complicated. If the patient's temperature is 85 degrees Fahrenheit, rapid, gentle rewarming is indicated. This can best be accomplished by immersing the trunk in a warm water bath. Below 85 degrees, the heart is refractory to defibrillation attempts and medications. Once the patient's temperature has reached this level, slow warming (1 degree centigrade — about 1.8 degrees Fahrenheit, per hour) should be initiated. This is best accomplished using heated blankets. En route to the hospital, hot packs taped to the oxygen humidifier bottle and oxygen tubing will help to warm the oxygen being administered to the patient. T.G. Martin, author of "Near-drowning and Cold Water Immersion," recommends that, "In warm water victims, mouth-to-mouth breathing should begin in the water. In cold water victims, unnecessary manipulations and hyperventilation should be avoided because both induce ventricular dysrhythmias."

Warmed oxygen, warm blankets, cardiac monitoring, and very gentle handling are the recommendations for handling the cold water near-drowning victim. Except for asystole or ventricular fibrillation, CPR (and endotracheal intubation) should not be performed on the severely hypothermic patient.

Although not of primary concern to the pre-hospital care provider, it is good to know the complications that can result from a near-drowning incident. While these should not be cited for the patient or parent, these are the reasons the patient needs to be seen at the hospital regardless of his apparently fully recovered condition.

Secondary drowning, tracheal necrosis, pneumonia, pneumothorax and necrotising pneumonitis can set in from hours to days after the incident. Since

the brain is deprived of oxygen, cerebral edema is not uncommon in the near-drowning victim. This can result in seizure activity or other neurological manifestations. It may be difficult to convince an adult he is not "alright" following resuscitation, but that should also be considered part of the near-drowning treatment protocol.

Obviously, for anyone concerned about this subject prevention of drowning should be almost as important as knowing the protocol for its treatment. Encouraging the development of programs to teach CPR to students and housewives and employers should be high priority for any service minded organization.

Helping to initiate drownproofing education at neighborhood pools would serve the community far better than a campaign to clean up litter.

Lobbying for legislation that would require swimming pool owners to fence in their yards might not be popular, but could reduce pediatric drowning deaths by as much as 80 percent. As with most other accidental injuries, drowning/near-drowning can best be treated by education and prevention. ●

NEAR-DROWNING PROTOCOL

This protocol applies to the normothermic or near normothermic victim.

Unless you are trained in water rescue, be wary of attempting a rescue under conditions which may result in your becoming a victim instead of a rescuer.

Administer 100% oxygen.

Assist or supply ventilations as needed.

CPR if life threatening dysrhythmia is recognized.

Start IV of 5% Dextrose in Water (D5W) at a keep open rate (usually 40 cc per hour).

Administer 1 mEq/kg (adult) or 2 mEq/kg (child) of Sodium Bicarbonate intravenously.

Immobilize cervical spine.

Monitor cardiac status.

Transport on backboard.

Expect the patient to vomit — be prepared to clear the airway with resources at hand.

ALL near-drowning victims need to be evaluated at a hospital, regardless of apparent condition.

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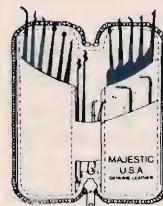
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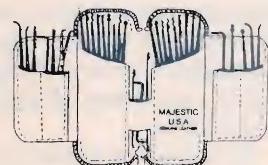


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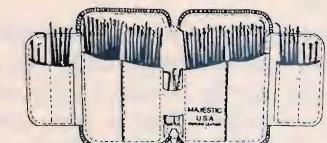
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The Traveler is designed specifically to purify water through aeration with ozone — water in holding tanks, emergency storage water, water in spas, tubs, bottles, fountains, wading pools or what have you — in quantities of up to 700 gallons at a time. In the process, the taste, odor and color of the water are also improved.

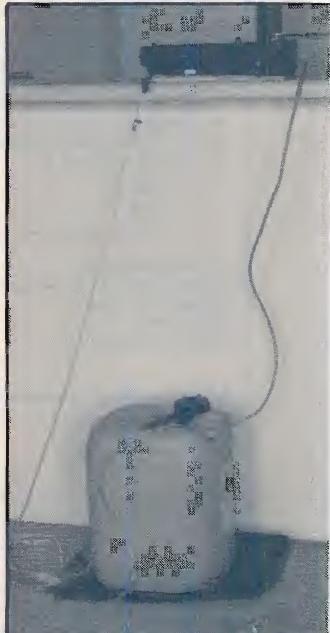
The Traveler is simple to use indoors or out — just connect the ozone supply



The Delzone Traveler portable water purification unit with 25 feet of ozone supply tubing (included with unit) and fittings.



Connecting the ozone supply tubing to the generator.



Storage water being purified with the Traveler. Supply tubing can be cut to the desired length.

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(Continued on page 39)

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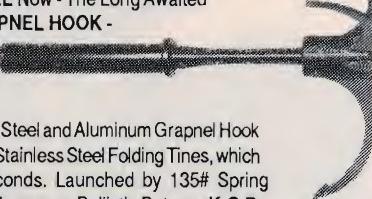
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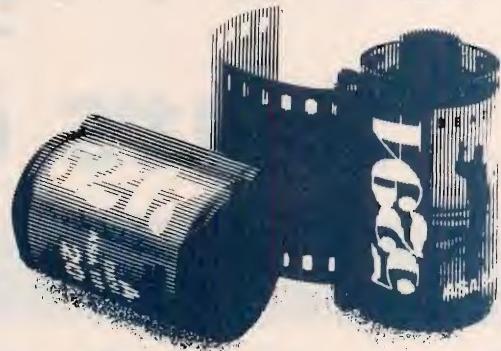
system would have covered his whole face with BodyGuard's powerful ingredients.

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From left to right, the three ounce Fogger with Fire Master Top, three ounce Fogger with holster, four ounce holster and canister, the nine ounce Fogger with ballistic nylon holster, and the three ounce unit with holster (non-Fire Master Top).



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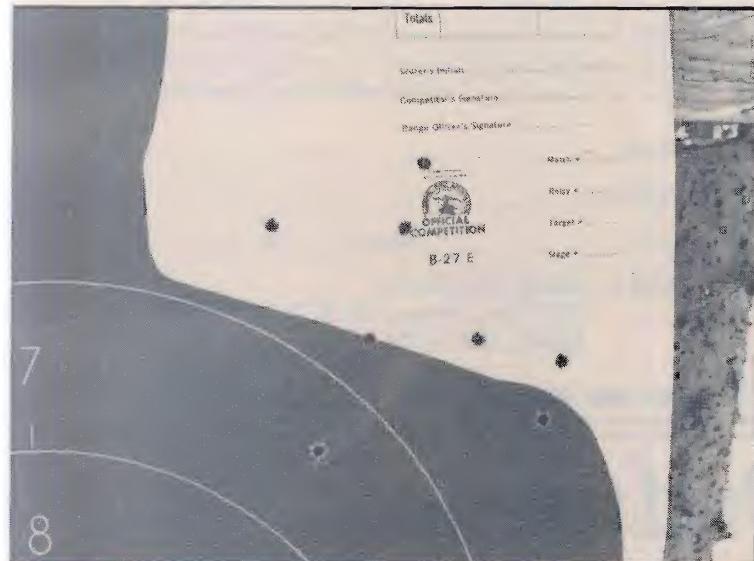
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By Jim Benson

IVER Johnson Arms has been making guns for more than 100 years in this country. The company has been making the highly popular military specification M1 Carbines and variants of these guns for nearly 20 years.

During this year only, in celebration of the 50th anniversary of the M1 Carbine, Iver Johnson will produce some 15,000 collector grade, full military specification "Stars & Stripes" M1 Carbines. These will have the military parkerized metal finish and beautiful new deluxe walnut stocks with a distinctive red, white and blue circular enamel American flag embedded on the stock.

At the same time, Iver Johnson will be producing about 5,000 50th anniversary commemorative "National Guard" edition M1 Carbines. These are the same full military specification

guns with the same deluxe walnut stocks except the National Guard edition honors the National Guard Command in each of some 26 states with a circular enamel emblem with the authentic insignia of each state's National Guard embedded in the stock.

Due to the tooling cost of the emblems, at the present, Iver Johnson is only producing the National Guard insignia emblems for the following

states (these are states which had sizable Guard units armed with the carbines, as I understand it): Alabama, Arizona, Arkansas, California, Florida, Georgia, Illinois, Indiana, Louisiana, Massachusetts, Michigan, Mississippi, New Jersey, New Mexico, New York,

(Continued on page 66)

The Stars & Stripes field stripped. Removal of the operating rod and bolt during disassembly can be a bit tricky for the uninitiated. Pay close attention to instruction manual.



The Texas Army National Guard 50th anniversary M1 Carbine stock emblem



The Iver Johnson commemorative M1 Carbines compare favorably with the best of the military surplus carbines owned by ASG staffers.



The Stars & Stripes 50th anniversary M1 Carbine stock emblem.



Third World Travel:

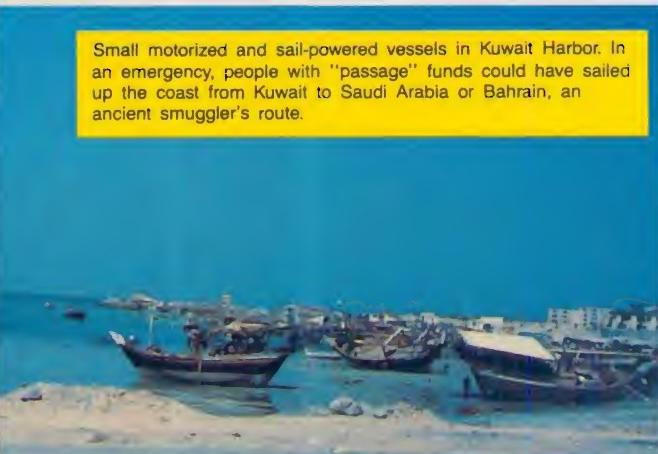
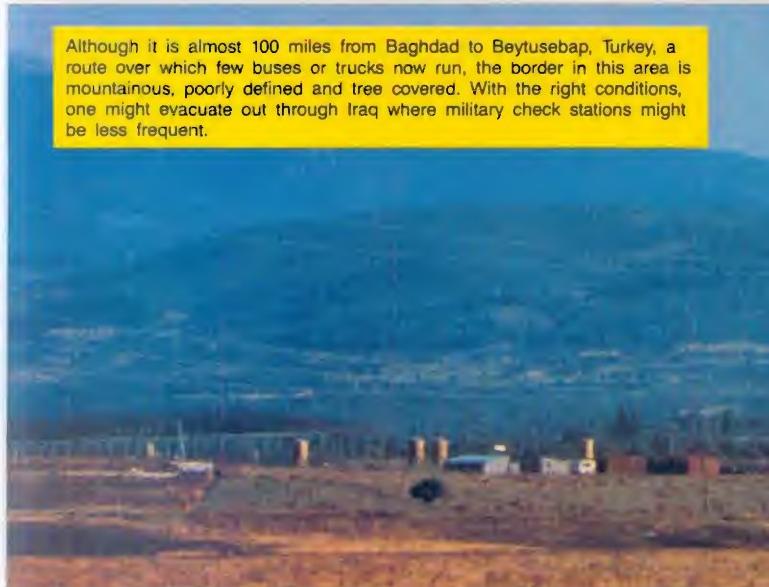
'Success will come to those who plan ahead,

Evacuation

even in the most rudimentary fashion' . . .

Although it is almost 100 miles from Baghdad to Beytusebap, Turkey, a route over which few buses or trucks now run, the border in this area is mountainous, poorly defined and tree covered. With the right conditions, one might evacuate out through Iraq where military check stations might be less frequent.

Small motorized and sail-powered vessels in Kuwait Harbor. In an emergency, people with "passage" funds could have sailed up the coast from Kuwait to Saudi Arabia or Bahrain, an ancient smuggler's route.



Camels and caravans make regular journeys from Kuwait into Saudi Arabia, which is where these caravans are going. Immediately after the invasion of Kuwait by Iraq, an American, properly dressed, could have hired a trader to haul him/her 20 or 30 miles into the desert to a point where they could walk to safety into Saudi Arabia.





The Kuwaiti-Saudi border. This is a short 30-minute cab ride from a hotel in downtown Kuwait City.

By Ragnar Benson

WHEN Saddam Hussein's tanks rumbled over the top of tiny Kuwait 3,100 Americans and 4,600 Britains suddenly found they were the involuntary guests of the conquering Iraqis.

As their stay stretched into weeks, it became evident that "hostage" best described these people's condition. Some expatriate foreigners caught in Kuwait could not have turned down Saddam's hospitality because of wives and young children with which they were traveling. Others could have evacuated themselves fairly easily had they thought to pre-plan.

Kuwait is not unique. American business people throughout the world are continually at risk to the fortunes of war, economics and creaky Third World infrastructure. No matter what else they may wish or think, when the flag goes up it is incumbent on each individual to implement their own evacuation strategy. U.S. embassies have an enviable record of getting traveling Americans safely out of hot spots, but one must always assume the lesson of Kuwait. In this case, State Department personnel themselves were made captive. Without outside help it was up to each person to work

out their escape. Many more than everyone officially reported did manage to reach freedom.

I took great comfort and satisfaction watching a black-robed Filipino priest thump a combat model Remington 870 down on the table at the front of the airport waiting room. Back in the corner, an army officer was accompanied by his personal bodyguard carrying an M2 carbine. For Americans unused to open displays of military hardware in commercial airports, the scene may not have lowered one's anxiety level. However I was in the process of implementing an emergency evacuation plan. The weapons, I hoped, would tend to discourage anyone intent on thwarting my personal plans.

The concept I was implementing was originally put together by my father who labored for 37 years in places like Rome, Tel Aviv, Casablanca and Frankfurt back at a time when these were really jumping places. I further refined the concept living in Cuba when it fell to Castro and in Tel Aviv and Athens when Arab terrorists roamed there almost at will.

My own "emergency" started some four months previous when three field

hands working at an agricultural experimental station in the highlands north of Malaybalay on the southern island Mindanao in the Philippines were shot down by elements of the Communist New Peoples' Army.

From my hotel in Cagayan de Oro, I spread the word that the NPA communists were a dastardly gang of monsters intent on enslaving the poor people, not helping them. I talked to hotel maids, clerks, porters, busboys, bartenders, and taxi drivers, always pushing the truth that it was cowardly to murder poor farmers whom we were trying to help.

Some of the workers with whom I conversed took slight issue with my branding the NPA a bunch of power hungry hypocrites, but for the better part of a week nothing happened. Finally a taxi driver working the hotel lineup out front told me to hop in as I passed. He took me to a baseball game in progress. At the game I stood at the fence for a few minutes till a young, 30-ish fellow came up from behind and started talking. His English had more of a Spanish lisp to it than a Filipino brogue. The man claimed he was Commandante Zero, the local NPA chief.

In the course of the next 20 minutes, the fellow told me many things. Had I accepted them all, they would have included the fact that he really was the local NPA organizer and leader, that he had planned the raid on the Malaybalay ag station, he was an attorney by training and that his guys did not kill my workers. "Jealous farmers did it," he claimed. "We are here to help the poor people, not kill them," he told me over and over.

"Actions speak louder than words," I responded. We did not agree on anything much except to meet and talk again.

As customary, I would make reservations at the Mindanao Hotel in Cagayan de Oro. His person at the hotel would see the reservation and tip him off regarding my next trip down from Manila. In the meantime, Commandante Zero was to further investigate the three murders and possibly bring me the names of the "jealous farmers" who, he said, did the deed.

Now several months later I was in Cagayan again. To the best of my knowledge, word had gone out to Commandante Zero advising him of my planned arrival. After checking into the hotel I walked down the long, noisy hall, the porter carrying my bag ahead.

(Continued on page 58)

Desert Survival:

Nature's Furnace

The desert can be a demanding environment . . .

By Bob Newman

To borrow a popular adjective from today's younger generation, the heat was "awesome." My team and I had traveled from the ever-sprawling metropolis of San Diego into the Mojave Desert to conduct some training for the Marines at the Marine Air-Ground Combat Training Center at 29 Palms. Needless to say, the climatic conditions differed markedly from the two locales, despite the fact that only about 130 or so miles separate the two points. When we stepped from the air-conditioned comfort of our vehicles, there was no doubt we were in a desert.

What struck me first about the place — besides the heat — was the brightness. I quickly retrieved my polarized, UV/IR blocking sunglasses from the car, and put them on. Mr. Bolle should be canonized and made a saint.

That was the summer of 1985, and now, given the situation on the Saudi Arabian peninsula, there is a renewed interest in desert survival. This article will discuss the "Seven Enemies of Survival" (ASG August '90) and a systematic approach to survival known as the "Pattern For Staying Alive," as they apply to one of the most challenging survival environments — the desert.

Thirst — Water is going to be a primary concern for the survivor in a desert, obviously, and if he wishes to prolong his existence for some time, he must act quickly and efficiently to procure water. His every action must be carefully thought out, for one mistake out here and the gig is up.

In the deserts of the American southwest, humans have learned to survive under the most arduous conditions because they adapted to the situation, much like the plant and animal life that have existed there for thousands of years. A desert dweller knows how to find water — yes, it is there — and use it wisely. For instance, arroyos, which are gullies carved out by water during times of heavy seasonal rains, often hold water a short distance below



the surface. Try digging down a ways on the outside bends of the watercourse, or at the base of concave banks. If there is any green vegetation nearby, dig at the downward edge of the growth.

Other indicators of water are bird droppings along rock crevices — water may be at the base of the crevice — insects gathering in a particular area, birds all headed in one direction at dawn and especially dusk, and where two game trails converge, following the single trail the two form frequently leads to water.

Got a map with you? Check it over carefully. Topographic maps usually show the location of wells and cisterns that may still be usable.

Can't find any water? No big deal. Break out that transparent plastic bag you stuffed into your survival kit and create one of the most efficient water creators known to survivors: a water transpiration bag. This rascal will put a solar still to shame if set up correctly, and it beats a vegetation still as well. If you have five minutes to spare and some cordage to tie the bag off and down, plus some form of living vegetation, you can make one. Here's how: 1) Place the bag over a branch of the vegetation, in direct sunlight,

Toads should not be eaten, as they often contain toxic or unpalatable secretions in their skin. They can, however, be used as bait in a trap or snare.

and tie it off around the limb. 2) At the lower most corner of the bag, gather some of the material together and tie it off with one end of a suitable length of cord. Tie the other end of the cord to a rock or other heavy object so that the bag is pulled down somewhat. This lower end of the bag is where the water will form.

Just how much water can you expect from your transpiration bag? That depends primarily on the plant you are using. I have seen one plant yield just over a gallon of water per day for six days, with a different branch being used daily. I have placed as many as six bags on one shrub and had excellent results. If you don't have a plastic bag or two in your kit, put one there. Now.

The vegetation still and solar still can both be quite effective too, but are not as productive as the transpiration bag. Remember that the next time you are wandering about the desert.

Oh, by the way, purify the water your bag produces before consumption, just to be on the safe side.

Predrinking is believed to be an ex-

cellent way of preventing dehydration for acclimatized people in the desert. By drinking more than what feels or seems adequate before setting out in a low humidity desert, a man can substantially reduce the risk of dehydration because the excess water will be used in the perspiration process via decreased urinary output. This "internal canteen" effect has saved many a desert dweller's life.

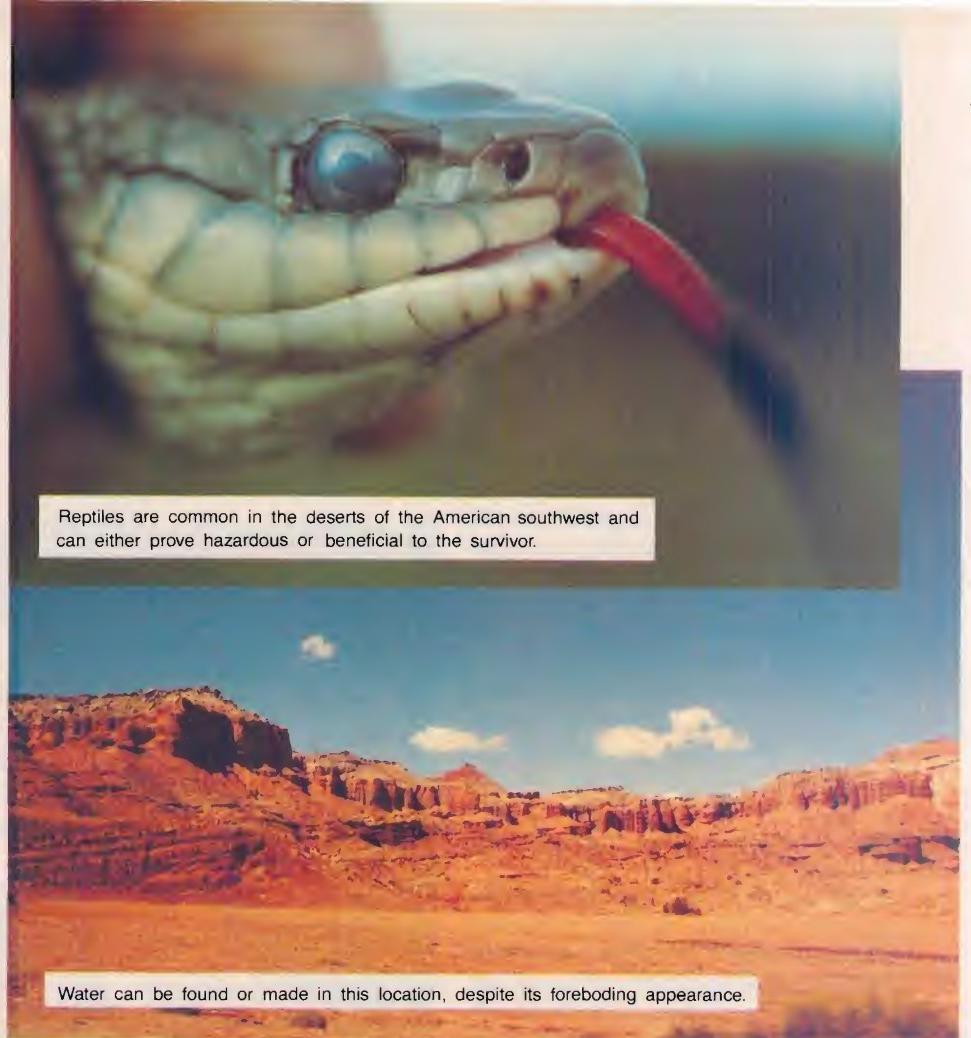
Thinking about rationing that water you have? Forget it. That water is doing you no good whatsoever in your canteen. Drink it now. Get it into your body so it can be used. Countless men and women have been found dead of dehydration in the desert with plenty of water in their canteens. They were rationing. If you feel like lowering your position in the food chain, ration your water. The vultures will appreciate it.

To reduce the rate at which your body loses water, avoid hasty or strenuous actions, if possible. Plan out your tasks and perform them in a steady, methodical manner with frequent rests. These tasks should be accomplished in the early evening and early morning. Night should be used for travel. When resting during the day, never lie down on the ground. Build a low platform just about 18 inches high to sleep on. The temperature at ground level may be 45 degrees higher than a mere 18 inches away.

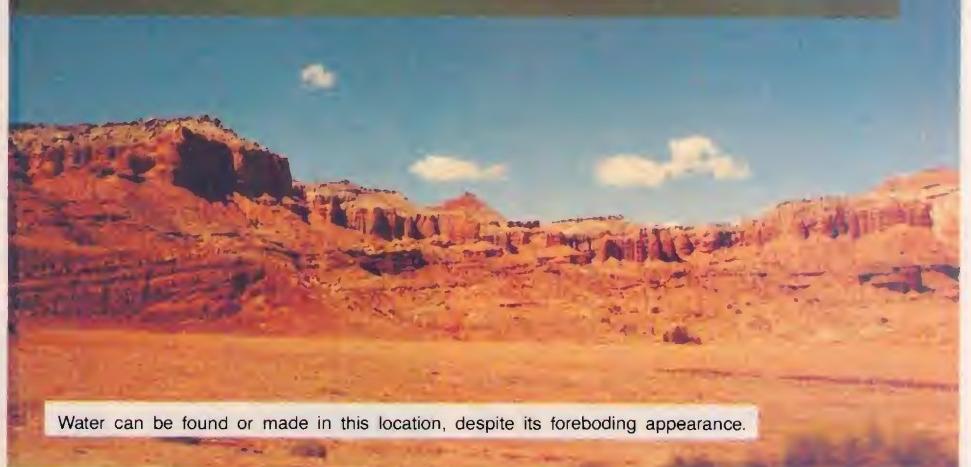
Wear sunglasses if they are available. Glare reduces your ability to judge distances and hinders night vision, too. Since you will be traveling at night, this is not good. And keep your sleeves rolled down, your head covered and footwear where it belongs — on your feet. All these things will help reduce the chances of sunstroke, heatstroke, sunburn, etc.

Hunger — You are undoubtedly aware that water is generally more important in a survival situation than is food. However, long-term survival will demand you acquire food, and the desert is just the place to get it.

The deserts of the world, especially those such as the Mojave, are ripe with vittles of all sorts, plant and animal alike. Unfortunately, many of the plants do not appear to be readily edible to the untrained eye — and stomach — and during the day, animal life seems downright non-existent. The reason for these outward appearances is simple — Mother Nature has provided the desert's flora and fauna with keen defensive instincts and strategies. Many of the desert's plants are tough,



Reptiles are common in the deserts of the American southwest and can either prove hazardous or beneficial to the survivor.



Water can be found or made in this location, despite its foreboding appearance.

grizzled, thorny and plain uninviting. They have to be in order to survive. And the wildlife? They're there, but during the brutal day, they hide out to escape the heat, only to venture forth once the baking sun sets. Quail, coyotes, deer, doves, rabbits, mice, rats, bats, insects and a staggering array of reptiles call the American deserts home. All you have to do is catch them.

So what is the key to finding out what plants are edible and how one should go about catching these critters? Easy. Study. That's right. Learn about the desert's flora and fauna long before setting foot in the sand. Know the ecosystem. Know the habits of the animals and the appearances of the plant life. You need not be at Ragnar Benson's level of trapping and snaring, though that is a worthy, albeit lofty objective, nor need you be a Bradford Angier or Bernard Shanks along the lines of flora identification. You simply need to become proficient at knowing what creatures are where and when to find them. Once that is done, a simple trap or snare will almost always do the trick. Plant identification, on a basic level, can be accomplished by reading and some practice in your spare time. If there is a survival course being

offered in your area, check it out. It probably contains information on your neighborhood plants. If you live some



In the desert, like anywhere else, water means wildlife, and in this case, bird eggs.

Nature's Furnace

distance from a desert, consider one of the courses offered by a variety of organizations in the southwest. My partner, John Lamanna, and I teach a wilderness survival course for L.L. Bean's Public Clinic Program, and we place a great deal of emphasis on plant identification for long term survival. You should as well.

Keep your traps and snares as simple as possible, and remember to design them for one species of animal. General purpose snares are generally less effective. Desert critters often dwell in burrows and crevices, or beneath overhangs. A series of snares in these locales will often produce for you.

Vary your diet. Don't just eat plants and don't just eat animals. Your body requires fats, fiber, carbohydrates, minerals, protein and so on. No one type of food can provide for all your body's needs.

Fatigue — The desert can be a demanding environment, to put it lightly. Never — repeat — never underestimate the serious nature of desert survival and the plethora of problems it can create for you. Being in sound physical condition before it's too late is one way of preventing or lessening the effects of fatigue. Never work so hard at a given task that exhaustion sets in. When the senses become dulled from exhaustion, your predicament takes a potential turn for the worse.

Work and travel should be performed during the coolest parts of the day and night. Early morning hours just after dawn are a good time to do whatever needs to be done, be it shelter building, food and water procurement, fire preparation, signal construction or what have you.

And be damn careful when traveling at night. Use a walking stick to probe ahead of you if there is insufficient moonlight or when traversing rugged terrain. Watch where you step. That branch you are about to trod upon may have fangs and a bad attitude. Avoid placing your hands in places you can not see into or onto, such as crevices and outcroppings.

Removing yourself from the problem is a proven method of survival. However, depending upon the situation, movement may not be the wisest course of action or even be possible. You must have a destination, and it must be attainable. You must have a logical

Agaves inhabit many regions in the American deserts, and can provide food for the survivor, as well as a needle and thread on the end of the leaves.



Insects gather near water. A crafty survivor will take advantage of this knowledge.

and effective plan of attack. Think. Where am I? Must I move to live, and if so, where will I move to and how will I get there? You'll love it when a plan comes together and be dead when it doesn't. Simply put, be sure to engage your brain before placing your body into motion.

Pain is a messenger of sorts, a messenger that must never be ignored or put off for a while. Pain tells you of injuries and malfunctions you have sustained. Tend to these immediately, or stand-by to become buzzard bait. Scrapes, punctures, blisters — no matter how minor in appearance — can all become life-threatening in a very short period of time.

One of the best ways of preventing



pain is prior preparation and common sense employed as one. Common sense dictates that those new Danner's you just picked up should be broken in before setting out on an outing. A light-colored, full-brimmed cotton hat is a good idea in desert country, as are a light pair of gloves. When moving at night, wear eye protection. No need to perforate an eyeball with a mesquite twig. Think pain avoidance.

Self-aid skills are of paramount importance to the survivor. So, you weren't using a walking stick when traveling at night, fell into an arroyo, and gave yourself a technicolor compound fracture of the right femur, eh? Little problems such as these are not good for morale. Not good at all.

Before you black out from the Zen level of pain you are experiencing, you must stop the bleeding, which may be arterial since the femoral artery lies adjacent to the femur, and quickly gather splinting material. Then you must apply traction to prevent further damage due to crepitus (the grinding together of the bone ends) and achieve bone realignment. Then you must apply the splint properly and dress the wound to prevent additional damage and infection. Partner, with this type of wound, you only have a few moments to heal thyself. Could you?

Your first/self-aid kit had better be complete and present in your survival kit. You had better have taken some first aid courses. The next time, you had better use a walking stick.

Fear — Fear is a healthy emotion. It lets you know when you are in danger or are about to be. The fearless man is a myth.

Every time that I strap on a parachute and find myself standing or sitting in a precarious position at the exit of some sort of aircraft, I am a trifle scared. A bit fearful. Somewhat frightened. Okay, I'm downright petrified! But that's good, because it means I recognize the situation as being potentially hazardous. The day I no longer feel that fear is the day I quit jumping.

Fear, when properly channeled, makes you act. You come across a seven foot long western diamondback rattlesnake, *Crotalus atrox*. It is ten feet away. You could just go around it, but despite your fear of this animal, you choose another course of action. Selecting a hefty rock, you project it toward the vile beast in a manner designed to impede its further existence. The rock strikes, but does not kill the snake. Plan "B" is brought into action. You commence to whomp the bejesus out of it with your walking stick. You kill it, skin it, cook it up and chow down. Your fear of the snake did not cause you to act. Rather, it was your fear of continued hunger.

Self-confidence will help reduce your fear to a manageable level. An extensive acquisition of survival knowledge and practical experience will boost your self-confidence.

Strangely enough, many survivors have described profound feelings of boredom during their survival episode. They had a difficult time staying busy, despite myriad tasks they could have performed to make their situation safer and more comfortable, though the latter is certainly the less important of

the two. If you feel bored, you are not doing everything in your power to insure your survival. You are not applying the "Pattern For Staying Alive" (first aid, signals, fire, food & water, and shelter) to its fullest extent. In short, you are lessening your chances of survival.



The Turk's Head cactus commonly grow in large numbers, providing the survivor with a substantial amount of water.

Productive action will also reduce if not completely eliminate the feeling of loneliness, despite the fact that you are quite alone. Indeed, idle hands are the devil's workshop. Get off your butt and do something!

Temperature extremes are the norm in deserts, and a wise survivor must be prepared for them. That 125 degrees F. daily high may plummet to 40 degrees at night. And although only about 20 percent of the Earth's land surface is made up of desert, there are plenty of them around. The Chihuahuan, Sonoran, Mojave and the Great Basin are the primary deserts of North American, and the Kalahari, Sahara, Gobi, Arabian, Atacama-Peruvian and Australian are the other major deserts of the world. Because of the temperature extremes, scarcity of water and general harshness of conditions in the deserts of our world, only about four percent of the world's population live in them, and these are hardy people, indeed. The Bushmen of the Kalahari are a classic example of such people.

Desert people in general wear loose-fitting, light-colored clothing from head

to foot. This protects them from not only the effects of the sun's heat, but blowing sand, insects and sunburn as well. Sleeve cuffs are loose, and keep your trouser legs boused. Dressing in this mode will create an area of raised humidity between your skin and clothing. This effect will help cool the body and therefore reduce perspiration, thus reducing the chances of dehydration.

Just before sunrise, locate a spot to build your shelter. You may be able to find a natural shelter already built for you, but be sure to evict current residents before moving in. Arrange your shelter to allow whatever breeze nature provides you with to flow through it, thus cooling you down some. Avoid constructing shelters in dry streambeds. In the desert, they have a nasty way of filling up suddenly due to storms in the surrounding mountains. Desert flash floods take lives every year in this country.

In your kit you should have sufficient material to create a two-layered roof with about 12 to 18 inches of space separating the two layers. This type of design will substantially reduce the temperature inside the shelter. Optimally, the outer layer of fabric should be white to reflect the sun's rays, and the inner layer should be medium green or international orange for UV protection.

Either dig down into the desert floor 18 inches or so, or build a sleeping platform about the same distance above the floor to further reduce your chances of becoming dehydrated via your body now being away from the heat of the desert floor. Stay away from large rocks, as they will reflect heat. On the other hand, those same rocks may provide you with radiant heat when the temperature starts to drop.

The desert, like any other environment, is *not* hostile. It is totally neutral, impassive. It doesn't hate you, nor does it particularly like you. Hostility implies a certain level of aggression. In a survival situation, it is you who must be aggressive. Become an ace in applying the "Pattern For Staying Alive," those five vital areas of survival expertise — first/self-aid application, signal construction and use, fire building, food & water procurement, and shelter building. Believe in your abilities. Hate the situation, not your own initial carelessness or rotten luck. **Foster a powerful will to live**, a factor in itself that may save your life. A determined man, or women, is a formidable foe. Nature likes that kind of attitude. ●

Nature's Apothecary:

Herbal First Aid Kit

Home or travel first aid kit with herbal remedies for a wide variety of ailments...

Staff Report

THIS Home Herbal Medicine Kit is intended as a complete first aid kit for home or travel use.

The strong, washable, rip-stop nylon, zippered case with carrying straps and all ingredients together weigh only 2 lbs., 9 ozs and take up space of only about 1 foot long by 6.5 inches wide by 5 inches thick.

It contains herbal remedies and dressings for colds, flu, coughs, sore throat, eye injuries, ear aches, burns, assorted pains, sprains, nausea, menstrual cramps, flatulence, sleeplessness, toothache, headaches, hiccups, stuffy noses, ulcers, insect bites, poison oak or ivy, bruises, herpes, hemorrhoids, and much more. Included are assorted bandages, gauze, scissors, mirror, tweezers, thermometer, tape, herbal and standard first aid instruction booklets, ointments, powders, salves and liquid extracts of numerous herbs and herb combinations.

The Home Herbal Medicine Kit is available from Nature's Apothecary, a fresh plant herbal extract company, for \$99 plus \$3.50 to \$5 shipping and handling. For more information or ordering contact: Nature's Apothecary, Dept. ASG, 997 Dixon Road, Boulder, CO 80303; (303) 440-7422; fax (303) 440-0440. ●



The Home Herbal Medicine Kit and its contents.



Liquid herbal extracts for treating such ailments as pains, sleeplessness, cuts and scrapes, infections, menstrual cramps and many other problems.



Throat lozenges, salves and a herbal remedy for shock associated with traumatic experiences.



Assorted dressings, tweezers, thermometer, mirror and scissors included in the kit.



Other items included: eyewash kit, burn ointment, dental poultice, ear oil, anti-fungal foot powder, vangi-clear kit, Cascara-lax (bowel tonic formula) and styptic powder.



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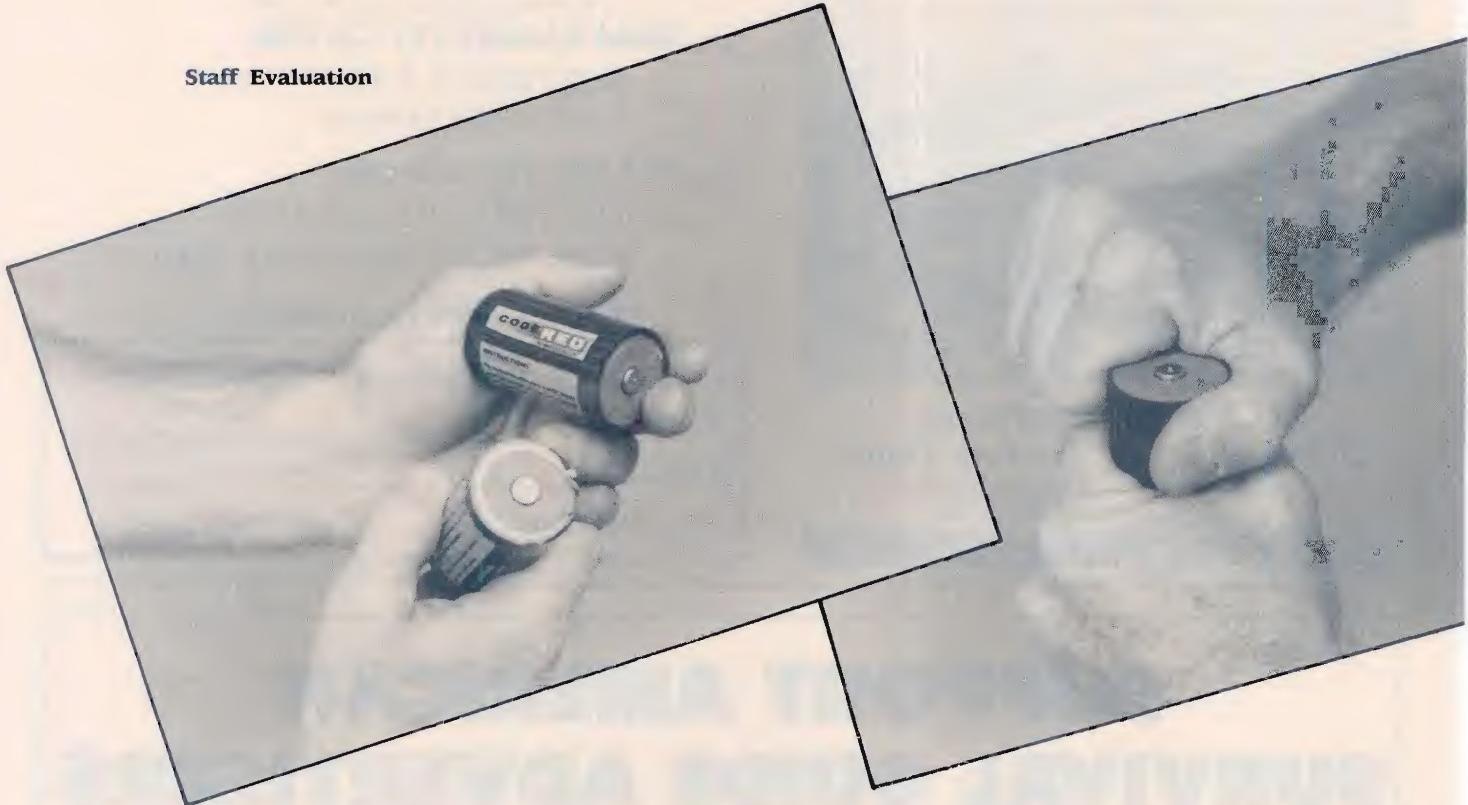
DEALERS JUMP ON THIS!

Long-term Storage:

Code:Red Batteries

Not wanting to wait 20 years, we tested them now...

Staff Evaluation



CODE:RED emergency batteries are guaranteed to have a shelf life of 20 years. They remain inactive until you strip off the plastic wrapper and twist the top of the battery one full turn in either direction. Back in the March 1989 issue of *ASG* we did a comparison test between the CODE:RED batteries, their forerunner the R20-D, and a pair of normal "heavy duty" and alkaline "D" size flashlight batteries.

In that test we lined up four angle-head flashlights against the wall to compare the brightness of the light beams. We concluded that the CODE:RED batteries produced the weakest light beam and had the shortest life.

This month, after a number of our advertisers had supplied us with "new" CODE:RED batteries to test, we tried a different method. With three batteries from one supplier, two from another and two from our own private stash,

we brought a voltmeter to work and began checking voltage strength.

After the initial twist session to activate each battery, we immediately put the batteries in a flashlight to see what would happen. Surprise! They don't immediately work. For a Code: Red emergency it seems funny to have to wait until these things power up. We thought they were all defective until about an hour later we tried again and got weak light beams. The voltmeter showed that only one of the seven batteries had the voltage indicated on the plastic wrapper — 1.5 V. Four of the seven had 1.3 volts, another only had 1.2 volts and the last battery had a whopping 1.1 volts.

Taking the strongest two batteries, we placed them in a flashlight and turned it on for 30 minutes. After 30 minutes their voltages read 1.1 volts and 1.05 volts. No wonder the light beam looks so dim. You actually need

three CODE:RED batteries to do the job normally required of two. After a whole hour of flashlight use the voltages had dropped to a single one volt in one battery and 1.05 volts in the other. The light beam resembled that of a pair of batteries on their last leg — very dim. You might as well store a candle lantern with your emergency supplies and buy a good supply of low cost candles. You would probably get more light for less money.

Today there are very good flashlights that use halogen and zenon lightbulbs. These bulbs when teamed up with alkaline batteries that offer stronger, longer life than normal heavy duty batteries, can't be beat. The light beams they produce are powerful! Although alkaline batteries will only store two to three years, it seems that a simple battery rotation system would be the better plan than to rely on near-useless 20-year storage twist-top batteries. •

Automag II Pistol

AMT.

Short-barreled .22 Magnum semiautomatic stainless steel handgun designed with concealed carry in mind...



Fast aimed fire from 7 yards



The slide mounted safety blocks the firing pin and prevents hammer from striking firing pin, but does not stop hammer from falling if trigger is pulled.

Winchester .22 WMR ammunition works best in the Automag II guns.



Staff Evaluation

THE Automag II pistols chambered for the .22 WMR or .22 Magnum caliber cartridge are a continuation of the famed Automag line of high powered semiautomatic pistols designed and developed by Arcadia Machine & Tool, Inc., and its predecessor companies.

Billed as the first and only production semiautomatic handgun in its caliber, there are three choices of Automag II pistol for shooters: the 6-inch barrel length (9½ inches overall length); the 4½-inch barrel length (8 inches overall length); and the compact 3¾-inch barrel length (6¾ inches overall length).

The compact model Automag II, our test gun, has the same features as its longer barreled siblings with the exception of smaller size, lighter weight, full or closed slide, truncated grip and smaller magazine capacity. The larger models have an open top of the slide extending from in front of the chamber area to just behind the front sight. This area of the slide on the compact model being only a little over an inch long, the slide top here is solid stainless steel.

All of the Automag II pistols and most of AMT's other handguns are available in all stainless steel only. The Automag IIs are bead blasted stainless steel for a non-reflective matte finish, except for the sides of the slide which are slightly polished. The grips on all these guns are grooved hard black plastic.

Sights are excellent Millett adjustable (windage and elevation) square notch with white outline rear and fixed ramped blade with red outline front.

All the Automag IIs feature a unique gas channeling or gas-assisted action for smooth, trouble-free operation. There is a series of bands etched in the chamber, each with tiny holes in it. Gas from burning powder in the cartridge case is channeled into these holes upon firing, equalizing the pressure within and without the case so it does not expand and result in jamming. Instead, there is uniform extraction and reliable operation.

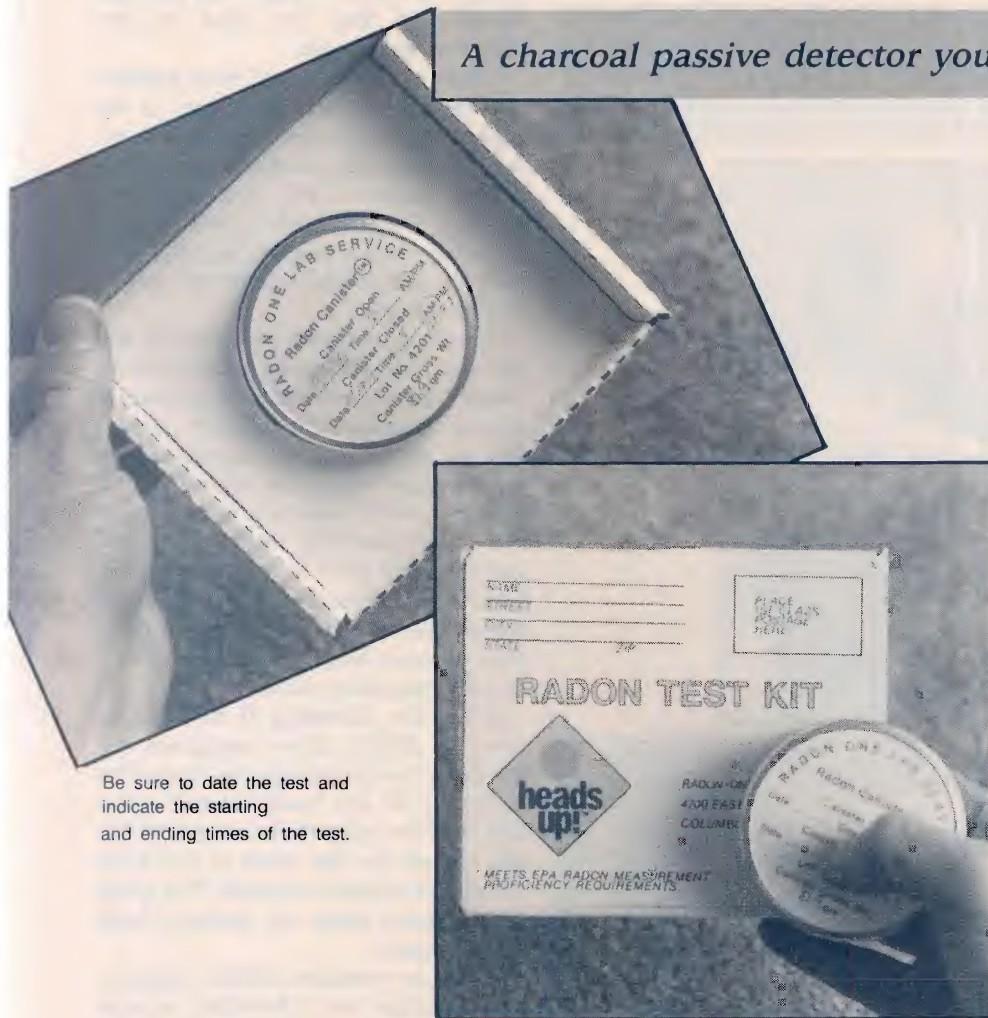
Certain types of .22 WMR ammunition will not work well in the Automag IIs, however, because of the powder used. AMT recommends against using CCI ammo because the flake-type powder used may not function well in the guns. The Automag IIs are factory

(Continued on page 62)

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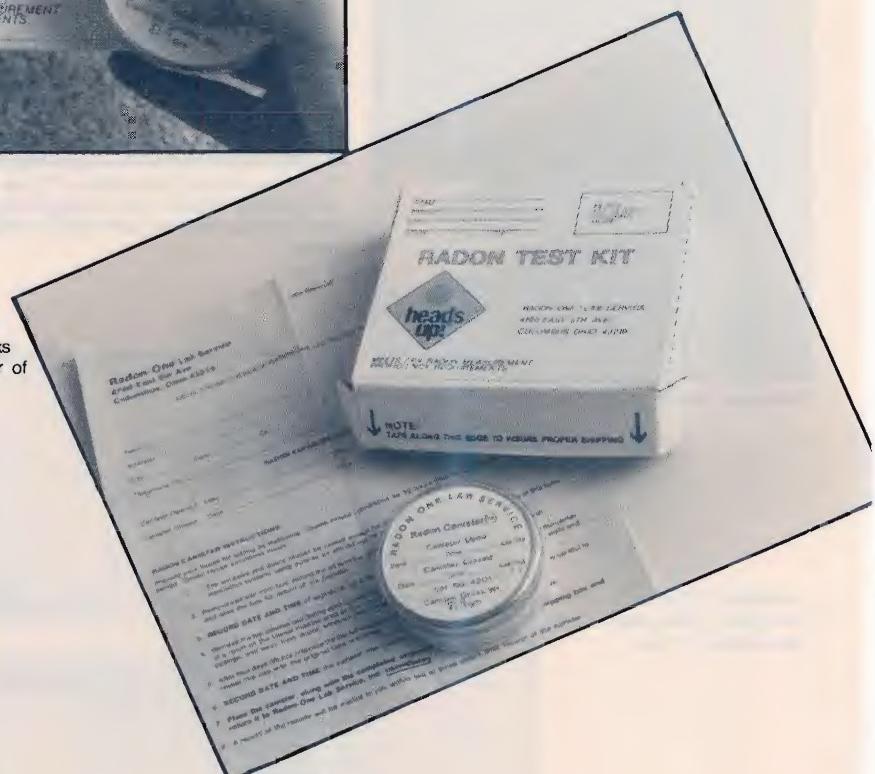
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Staff Report

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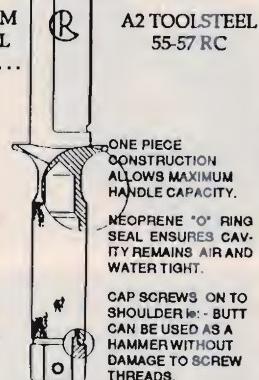
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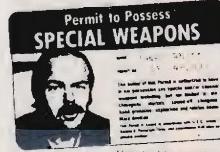
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Staff Report

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The Pulsar 2000 is a Class III laser that pulses at 10 Hz (10 pulses per second). It has an effective range of over 100 meters. The pulsing beam provides for superior target acquisition over a constant beam and extends battery life by up to 50 percent over conventional laser sights. Models are available for AR-15s, most 12 gauge shotguns and 1911 style handguns. It will also work with any Weaver style mount. Prices range from \$275 to \$290. Contact: CIDCO Inc., 21480 Pacific Blvd., Dept. ASG, Sterling, VA 22170; (800) 658-8937. ●



This time exposure photograph shows the Pulsar 2000 in actual operation.

Allen wrenches are used to adjust the sight for correct aimpoint.

The unit clamps on to the frame of the gun underneath the slide and also to the trigger guard.



The pressure pad switch is positioned on the grip of the gun.



The Traveler

(Continued from page 20)



Lamp cartridge indicator light flashes on briefly upon plugging the generator in to an electrical source to let you know it's working properly, then goes off.

been added to it twice during that time. The water had a musty smell to it but no algae or other discoloration of the water was evident. The unit was plugged in after hooking up the ozone supply tubing and placing the ozone dispenser in the bottom of the opened jug. After running the unit for about two hours for each of two 10-gallon jugs of storage water, the tester noticed the water tasted clean and fresh and was sparkling clear. There was still a slight plastic taste to the water but this would be expected after four years in these jugs.

Del Industries states that 5 quarts of water should be ozonated for one hour to totally purify it. You need fairly clear and clean water to begin with. Heavily polluted water will not be cleaned completely by using the Traveler, even after extended ozonation. Del Industries supplied figures showing that with an ozone concentration of 0.051 parts per million in water it takes from .118 minutes to just under 6 minutes for the ozone to kill microorganisms like E. coli and poliovirus as well as giardia cysts.

Del Industries is a pioneer in ozone water purification and manufactures a number of other ozone water purification units for pools, lakes or other large water bodies. The company is working to develop other products to aid in measuring the level of purification of water sources with its equipment. The Delzone Traveler is \$299.95 plus \$5 shipping (CA residents add 6.25 percent sales tax). For more information contact Del Industries, Dept. ASG, The Traveler, 3428 Bullock Lane, San Luis Obispo, CA 93401; (805) 541-1601; fax (805) 541-8459. •

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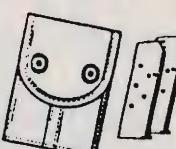
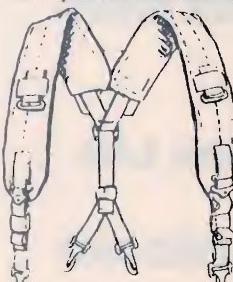
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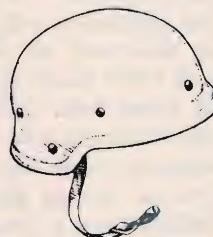
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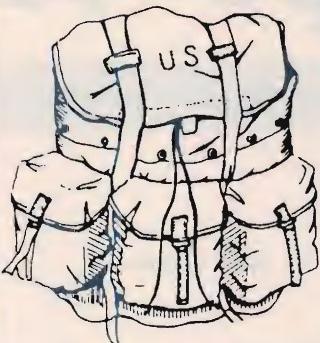
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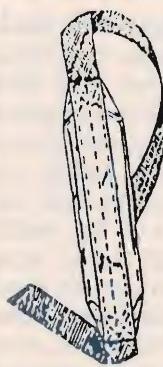


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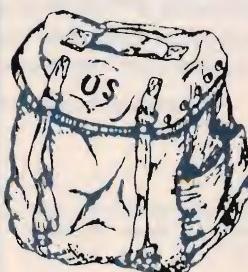
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Get Ready:

Preparedness Expo '91

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AlpineAire, maker of low moisture meals for outdoors enthusiasts, had a great booth at last year's expo.

Staff Report

LAST October ASG sent a staff member to report on the 1990 Preparedness Expo held at the Salt Palace in Salt Lake City, Utah (see Feb. ASG '91, page 36). The event was a huge success, insomuch that there will be three Preparedness Expos held this year. In the Los Angeles area the expo will be held at the L.A. County Fairgrounds in Pomona, California, August 16, 17, 18. Those living in the Seattle, Washington area can attend at the Puyallup Fairgrounds October 4, 5, 6. The Salt Lake City expo will be held at the Salt Palace on October 24, 25 and 26.

The Preparedness Expo offers attendees a unique opportunity to see firsthand the latest products and services devoted to the fields of emergency preparedness, self-sufficient living, wilderness and outdoors, health and medical, financial security, and the environment. There will be booths exhibiting food storage items, solar power equipment, lighting and heating supplies, earthquake and other survival kits, water purification, security alarms, medical/first aid and more.

What's even more exciting about Preparedness Expo '91 are the quality guest speakers and seminars that will be available. Bo Gritz, America's most decorated Green Beret Commander from the Vietnam Era will be one of those speakers. Colonel Gritz is a crusader and lecturer on America's drug problem and plight of POW/MIA. In fact, his missions in behalf of the POW/MIA generated such movies as

(Continued on page 78)

Unique equipment like these fallout suits, blast valves, and filter systems will be on display at Preparedness Expo '91.

BOOKS/VIDEOS

(Continued from page 11)



Winchester: An American Legend, by R. L. Wilson. Random House, Inc. 201 East 50th Street, Dept. ASG, New York, NY 10022; (212) 872-8283. Hard-cover, 400+ pages. \$65.

R.L. Wilson, who also wrote *Colt: An American Legend*, has come up with a companion volume dealing with the Winchester company and the firearms that played such an important part in the history of the American frontier. Wilson covers the genesis and evolution of the Winchester lever-action repeating rifle, as well as the bolt

actions for sport and target, the development of single shots and self-loaders, and a myriad of shotguns and other firearms such as the Hotchkiss, Lee, Garand and M1 Carbine. Billed as the authorized history of the Winchester Company, the book includes over 300 full-color photos, and over 110 black & white historical photographs and drawings. It belongs on the bookshelves and coffee tables of enthusiasts, sportsmen, collectors and history buffs.

The ABC's of Dutch Oven Cooking. A video available from Allied, 6419 South State Street, Dept. ASG, Murray, UT 84107; (801) 262-6311. 54 minutes, color, \$19.99.

Dutch Ovens were prized possessions on the American Frontier and were used by trappers, settlers, gold seekers, and cowboys. This excellent video includes eight easy recipes for cooking and baking dishes like the hearty mountain man breakfast (feeds 18 people), raspberry delight cobbler, three varieties of potatoes, braided breads, biscuits and more. Helpful tips include: what size oven to select, convenient tools of the trade, an easy formula for



calculating oven temperature, proper seasoning techniques, easy cleaning tips, and proper care and storage. •

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Model 35

Oehler Research:

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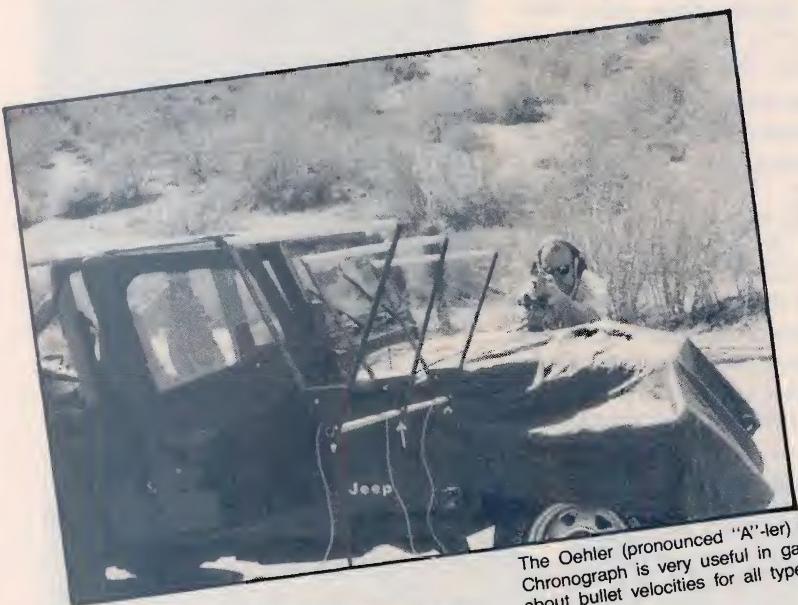
Chronograph

Staff Evaluation

OEHLER Research, Inc., of Austin, Texas, has been making chronographs to measure bullet velocities and other aspects of ballistics for about

25 years now. Their new chronograph, the Model 35, offers discriminating shooters, handloaders and others the latest ballistics technology.

A basic package of equipment is



The Oehler (pronounced "A'-ler) Model 35 Proof Chronograph is very useful in gathering data about bullet velocities for all types of ammunition.



Three Skyscreen III screens set up on a 4-foot rail attached to photographer's light stands with digital display unit and built-in printer hooked up. This chronograph system is ready to use.



The 35 digital display unit with built-in printer. Skyscreens are connected at the rear of the display unit.

Skyscreen side rails and orange diffusers snap in and out of the bases where the lenses are located.



available with the Model 35 with optional items added later as the owner desires. For a base price of \$195 the Model 35 provides a digital display chronograph, two "Skyscreen III" skyscreens, a 2-foot mounting rail and a clamp or bracket for attaching the rail to a camera tripod, along with complete instructions.

If you want a more complete package, for \$395 you can purchase the Model 35 with printer (using standard 2.25-inch-wide paper) built in to the digital display, three Skyscreen IIIs and 4-foot mounting rail, 2-foot rail and clamp for camera tripod, and two photographer's light stands for the rails. This gives you the options of printed summaries of your test shooting plus the third skyscreen or proof channel for more precise test results.

If you purchase the basic package, the light stands can be purchased later for \$50 and a third Skyscreen III for \$30.

Oehler also sells other accessories such as the camera tripods and carrying cases. The printer can be purchased separately for \$145 and quickly attached to the digital display unit.

The Model 35 can be used to measure everything from BB gun velocities to arrows and shotgun loads, as well as any caliber bullets.

The Model 35 is actually two chronographs in one with the third skyscreen. It is placed midway between the first and last skyscreen and the chronograph then gets two velocities. When both velocities agree within reasonable limits, the operator is assured of proper system operation and has more reliable test results.

Then Model 35 can be easily programmed for several different functions such as editing of test results providing replays of velocities in a group, and summaries of all velocities in a group.

A common alkaline 9 volt battery is all that's needed to operate the Model 35 system for 25 hours, including 1,000 lines of printer operation.

Our use of the Model 35 in testing a number of different handguns and rifles has provided very useful information on velocities for different ammunition used with the guns. For anyone desiring to know more about the effects of ammunition in their guns, this is a very useful and educational tool, indeed. For more information or ordering, contact: Oehler Research, Inc., Dept. ASG, P.O. Box 9135, Austin, TX 78766; (512) 327-6900; toll free (800) 531-5125. ●

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Halsell Modified Knives

Swedish Military Issue:

Staff Report

Swedish recruits are required to cut down a tree and build a shelter with these knives...

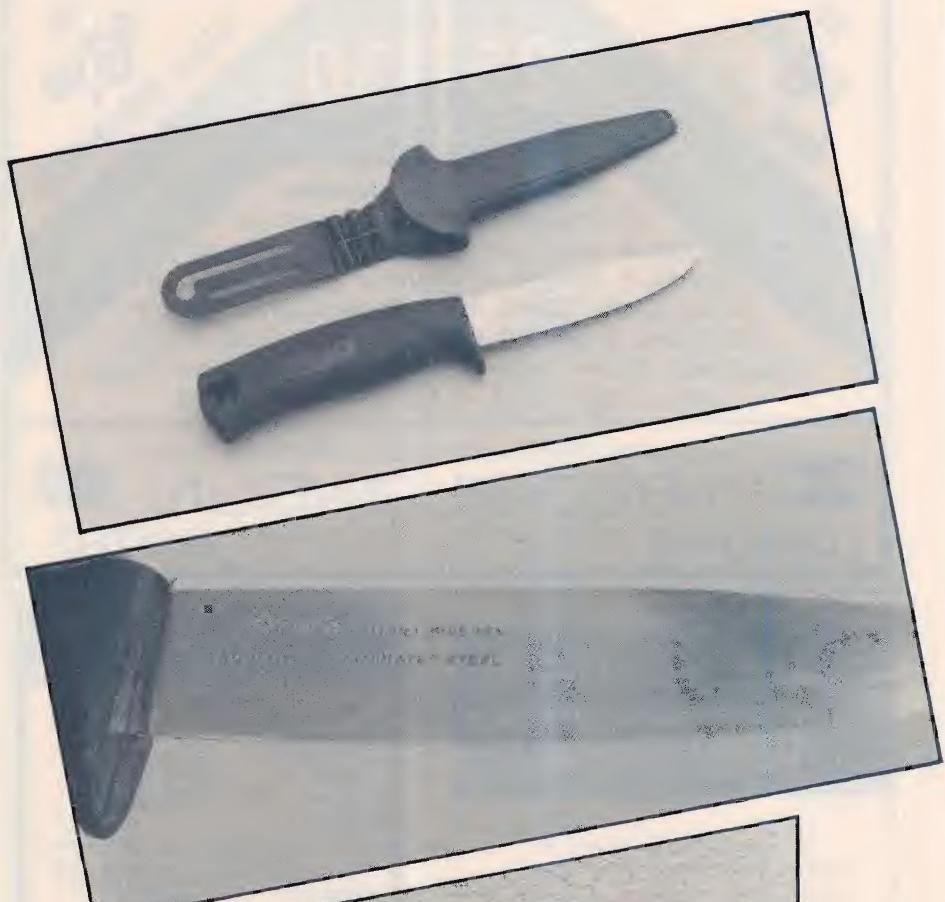
THE Swedes recently adopted the submachine gun as their standard-issue small arm, making their bayonet obsolete. The Swedish Military, needing a replacement for the large bayonet, turned to a 300-year-old cutlery firm, Frosts, to produce a new sheath knife for their soldiers. The Halsell Modified Knife was the result.

The blade of the Halsell knife is made of laminated high carbon Swedish steel. Laminated steel has a core of high carbon steel surrounded by a softer alloyed steel layer. A high hardness can be achieved (Rockwell 62) through hardening and tempering making the knife very strong, yet easy to sharpen and easy to keep a good edge. These knives are so strong that you can put them in a vise and bend them into a "U" and then straighten them without damage.

The Swedish test of the four-inch Halsell includes pounding it into a tree and using it to chisel around the bole until the tree is felled. Quite a job for a small hatchet let alone a knife!

The handle and sheath are made of injection-molded polypropylene for a lifetime of maintenance-free use. Also the sheath is self locking, permitting upside down carry on a web belt. Both the knife and the sheath together weigh four ounces and the knife alone weighs 3.5 ounces. Each knife is ground and hand sharpened to a fine working edge, and in addition, small micro teeth are applied by hand to each knife.

The best feature of this knife is the price. How many of us have spent good money on a knife and then hold back from really using it in the field for fear of nicking it up, scratching it, or causing some type of damage. Well, the Halsell knife is so tough it can take the abuse, but the price, normally \$25, is only \$18 postage paid for ASG readers (Hawaii and Alaska postage is more). At this price, you don't have to worry about damaging it (though that probably won't happen). For dealer information on the knife contact Beau-Jeff Hensley at (918) 355-1429. To order a knife send a money order for \$18 to: J&P Knives, Dept. ASG, P.O. Box 691211, Tulsa, OK 74169-1211. •



Hypnosis/Self-Hypnosis:

Make Up Your Mind

'Everyone can be hypnotized to some extent'...

to Survive

The author is a high school teacher and AAEH (Association to Advance Ethical Hypnosis) certified lay consultant in hypnosis. Besides a small private practice he has at his home he teaches hypnosis courses at a local community college. He holds a dan rank (black belt) in Tae Kwon Do and regularly practices with spear, shuriken, throwing knife, nunchaku, blow gun, bow and arrow, air pistol and rifle and AK-47. He is the author of the books, Self-Hypnosis: A Key to Personal Growth, How to Improve Your Sex Life with Self-Hypnosis, and Hypnosis and Self-Hypnosis in the Martial Arts — The editors

By Anthony O. Constantino

DO you "mind" surviving?

No, I don't mean if it's "all right" with you, an OK thing! I mean that in addition to food/clothing/shelter/weapons, do you include what might be the most valuable tool of them all, your mind?

While a positive attitude is certainly important, I mean the deliberate and methodical programming of your mind to insure that you survive any man-made or natural disaster with as much mental and physical ease as possible.

Please don't let me scare you off, but the technical term for this programming is "hypnosis." Unfortunately, the word still carries negative connotations equating it with voodoo and black magic. As a professional and certified hypno-technician, I use the word for only one reason: it's a lot shorter than "relaxation and visualization techniques" which is precisely what hypnosis is.

No "blacking out," no "losing control," no divulging "family secrets" or becoming a physical/emotional/mental slave to anyone! Just relaxing and "seeing" what you want, doing this persistently, and allowing it to just "happen." Whatever it's called, more people are discovering its many bene-

fits in many areas of their lives from enhancing academics and sports and creativity to losing weight or stopping smoking and, hopefully, surviving with some ease.

Most of us experience some hypnosis every day of our lives! Ever gotten so involved in anything like reading or wall paneling or preparing dinner that time whizzed by? Perhaps you've laughed or cried or been frightened by a good movie?

Perhaps you've injured yourself while cooking or sewing or wall paneling but didn't realize it until much later?

Well, these are all examples of "everyday hypnosis" — being so relaxed or distracted that you experienced time distortion, accepted a movie as "reality," engaged in pain control!

Everyone can be hypnotized to some extent — some better than others. While there are several "tests" you can use with others to determine how well they can relax and visualize, here's a particularly interesting and effective one. Tell your subject:

"Sit in a comfortable chair, close your eyes, keep feet flat on the floor and hands flat on your thighs. Imagine you are at home wherever you might be if you were preparing a sandwich — at a counter or table. Place a cutting board before you, and on this cutting board place a sharp knife and a lemon.

"Pick up the lemon and notice the weight and the color yellow. Note the feel of the skin, slightly oily; note the dimples in the skin. Perhaps each of the cone ends is slightly tinged with



The author listens in his office as a potential client explains why she must lose weight. He runs a small hypnotherapy practice out of his home.

green. Perhaps printed diagonally in purple is the brand name.

"Now, cut the lemon in half from cone end to cone end and place both halves flat on the cutting board; cut one of those halves in half from cone end to cone end so you have a quarter wedge of lemon."

"Pick up the quarter wedge and notice how juicy it is. Notice how the yellow flesh of the lemon contrasts with the white pulp of the lemon. If there is a seed in the quarter wedge, remove it. Holding the wedge under your nose, inhale slightly to enjoy the unique scent of lemon. Now, quickly — bite into the wedge!"

By watching the reactions of your subject, you can determine how imaginative he/she is. Certainly, question them about their experience with your description. If they puckered or salivated or swallowed when you had them bite into the wedge, you know you have an excellent subject because this test is also a hypnotic induction! WITH THEIR PERMISSION, your excellent subject can be programmed to survive with greater ease and assurance than without this programming!

Understand, a person's unconscious does NOT distinguish between what is real and what is imagined. That is why your subject puckered or salivated or swallowed when you told them to bite into the lemon wedge. Their unconscious believed they really bit into a lemon wedge! Therefore, their unconscious reacted to the "tart taste."

Tell yourself what you want your body to do and SHOW yourself what you want your body to do AND IT WILL DO IT — IF you are clear and persistent enough — twice a day for self-hypnosis; once a week or as often as the subject feels is necessary for hypnosis.

How does all this complement your "survival package?" In at least three areas: basic relaxation, healing, and pain control.

The everyday benefits of basic relaxation should be apparent to everyone. In the more specific context of survival, there are at least three benefits: first, a relaxed body uses less energy, while a tense body consumes more energy. With a lack of food or the need to conserve food, the less energy a body expends the better; second, if one is sharing a shelter with others, the more relaxed everyone is, the less oxygen each will consume; finally, if one is sharing quarters with others, basic relaxation will promote stress management by eliminating temper flareups

and promoting a better sense of togetherness and sharing.

Relaxation — Achieving basic relaxation is simple. Just use positive statements such as, "You are cool, calm, collected... You are relaxed... All your cares and concerns float effortlessly away... You are in control of your emotions... You breathe deeply... You just let go... Your shoulders (arms, torso, etc.) are relaxed... So pleasant to just let go..." Do create your own positive affirmations similar to these, using "I" for self-hypnosis and "You" with others. Repeat each affirmation three or four times each in a calm, quiet, monotonous tone of voice.

Remember, you've also got to SEE what you want. A very simple and effective visualization is any place an individual has visited or would like to visit for relaxation — the beach, a log cabin, a mountaintop, a quiet lake.

As a professional and certified hypno-technician, I use the word for only one reason: it's a lot shorter than "relaxation and visualization techniques" which is precisely what hypnosis is.

While your subject is sitting quietly with eyes closed, simply describe the scene. What is important is to use details and appeal to as many senses as possible.

Take a beach scene, for example. Describe what your subject will see. Sand, waves, seaweed, shells, sky, sun, clouds? What they will hear. Waves rushing to shore? Seagulls? What they will smell. The ocean? Dried seaweed? Suntan lotion? What they will taste. Ocean brine on their lips? What they will feel. Sand beneath their feet? Sunlight on their skin? A breeze? Ocean droplets on their skin and lips?

If you paint this scene for yourself, it is called self-hypnosis; if you paint it for another, it is called hypnosis. And it works! Remember, twice a day for self-hypnosis (about 5 minutes per session); once a week for hypnosis (or as often as the specific need requires).

Anyone in a survival situation has

got to be under a lot of stress, and basic relaxation is an integral part of any stress management program which should include deep breathing, good nutrition (if possible), exercise, games, stopping negative thoughts, and keeping busy!

Additional affirmations more suitable for stress management per se include, "You are capable, competent, confident... You are in charge of yourself... You succeed... You can do it... Success is yours... You are strong, determined... You are responsible and dependable... You are in control... You remain relaxed... You talk out your concerns... You are important... You use your head..." Again, similar positive affirmations may be used.

While basic relaxation and stress management are extremely important to one's survival, perhaps more important is the body's ability to heal quickly if injured. It's not this article's intent to detail case histories of successful healings complemented by or outrightly attributed to hypnosis. Literature is available for those interested in further research. Anyone with basic knowledge of hypnosis and healing is familiar with such individuals as Norman Cousins, Dr. Bernard D. Siegel, Drs. Carl and Stephanie Simonton.

More specifically, I cite my article "Superman vs. the Warts" in the July 1986 issue of *Hypnosis Reports* (Vol. 2 No. 4) in which I describe how two sessions of hypnosis (and much self-hypnosis on the subject's part) rid a 12-year old boy of 18 plantar warts!

The overwhelming evidence indicates that a methodical and persistent mental approach will cause physical changes, including healing! After inducing relaxation by describing a beautiful scene, use the following suggestions and/or devise your own:

"I have tremendous healing power... My mind, body, spirit are strong and help me to heal quickly... Every breath I take awake and asleep speeds my healing... The power to heal is within me... All my psychic energies are directed to healing (name specific wound/area)... Healing is happening now... Universal energies help me to heal faster... Every hour, minute, second, I am closer to full recovery... I am strong and healing right now... Every cell in my body is charged with healing power... I recharge myself with faster healing like a gigantic battery..."

Visualizations for healing should
(Continued on page 60)

ASG 1991 Giveaway

No. 2

Fill out the accompanying coupon, and include payment with subscription orders or current subscription extensions. All ASG 1991 Giveaway No. 2 entries should be printed or typewritten on the official coupon, or a reasonable facsimile from this magazine. A facsimile entry is acceptable and valid, as long as it contains information required with the subscription or extension order/entry form. The ASG Giveaway is open to any resident of the United States. Federal law requires that only U.S. citizens are eligible to receive a firearm prize. The prize winner must not be legally restricted from receiving or possessing a firearm. This contest offer is void where prohibited by law. Employees of McMullen Publishing and its subsidiaries or subordinate agencies, agents and members of their immediate families, are not eligible to enter the contest. There is a LIMIT OF ONE ENTRY PER PERSON for this contest. Duplicate and/or multiple-copy entries, when

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Prize No. 1



D Max 10mm semiautomatic carbine from D Max Industries, 1701 W. Valley Hwy. North, Dept. ASG, Auburn, WA 98071; (206) 939-5137 or (800) 458-DMAX. Designed for use by law enforcement personnel, the D Max 10mm carbine comes with a 30-round, side-feeding magazine that is very similar

to the M3 "Grease Gun" magazine. The carbine fires from a closed bolt. Trigger group is a modified version of the M1 Garand with improved braided stainless steel wire hammer spring. All metal parts are parkerized before being given a rust resistant "Max-Coat" electrostatically applied finish.

The barrel is made from Douglas Premium 4340 chromemoly steel and is turned by Storm Lake Machine for superb accuracy. Pistol grip, fore end and the butt stock are made of walnut. Overall length is 38.5 inches and weight is 7.5 pounds. Suggested retail price is \$579.

Prize No. 2



Blackjack Combat Kukri knife from Blackjack Knives, 7210 Jordan Ave., #D-72, Dept. ASG, Canoga Park, CA 91303; (818) 902-9853. This unique kukri has its roots deep in the Kingdom of Nepal where kukri knives have been used for centuries on the rugged terraced slopes of the Himalayas. The Blackjack Combat Kukri has been designed to take the stress of heavy chopping. The blade is made of a high carbon stainless alloy enhanced with vanadium and molybdenum. This alloy

has metallurgical advantages for strength and flexibility, edge taking and edge holding. The blade is ground with a full height convex grind. The handle is made of extra hard black Kraton rubber for positive and sure grip. Overall length is 18½ inches and the blade is 13½ inches long with a 12½-inch cutting edge. The blade is .200 inches thick. Total weight is 24 ounces. A black Cordura nylon sheath is included with the knife. Suggested retail price is \$179.95.

Prize No. 3



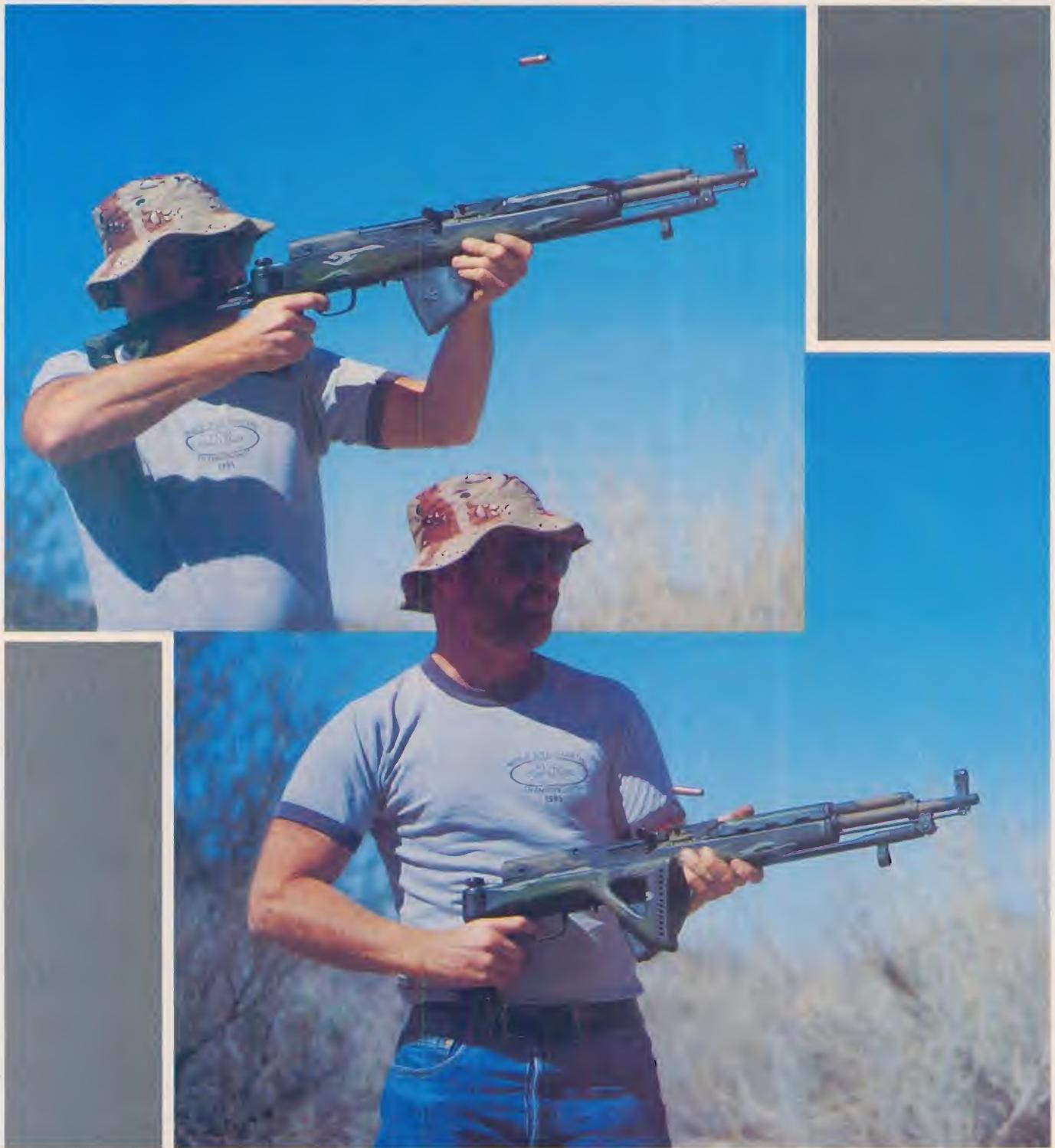
Assorted lightweight Spyderco Clipits. Spyderco, Inc., P.O. Box 800, Dept. ASG, Golden, CO 80402-0800; (800) 525-7700 or (303) 279-8383. The Spyderco folding Clipit knives featured here all have Dupont Zytel handle scales with "volcano grip" texture. The Zytel handles make these knives lightweight, and because Dupont Zytel is a glass-filled thermo-plastic, they are available in assorted colors. Blades are made of G2 chrome-molybdenum, a high-carbon stainless steel and feature a serrated SpyderEdge. The patented Hole-Opener system allows one handed

opening and operation. The yellow knife is called the Model C14 Rescue Folding Knife. Overall length is 8.75 inches opened; blade length is 3.5 inches long. Value, \$42.95. The green knife is called the Endura and has an overall length of 8.75 inches with a 3½-inch cutting edge. Value is \$42. The blue "Delica" has an overall length of 6.63 inches and a blade length of 2¾ inches. Value is \$37. The small red "Ladybug" measures 4.39 inches with a cutting blade 1.725 inches long. Value, \$20. Total value of this prize is \$141.95.

Beach Cities Armoury:

Custom SKS

Standard Chinese SKS rifle is transformed into a unique personalized firearm...





Staff Report

MANY shooters, especially those more budget-conscious, have chosen as a personal survival weapon the 7.62 x 39 mm Chinese-made SKS Carbine, a post-World War II Soviet designed weapon used by communist troops in the Vietnam War and commonly available today in this country.

Intended as the tactical equivalent to the U.S. M1 or M14 service rifles, the SKS is considered a sturdy and dependable firearm. Its use of the intermediate sized Soviet M1943 cartridge (7.62 x 39 mm) makes it versatile, with parts and ammunition widely available and economical. Some versions (conversion kits are sold for this purpose) will accept the AK magazines—these have been declared to be "assault weapons" and are therefore banned in California and elsewhere, but not in most of the rest of

the country. The majority of SKS rifles, however, have fixed 10-round magazines which are reloaded quickly with stripper clips.

Here in the Los Angeles area, we recently discovered a unique customized SKS Carbine for sale at Beach Cities Armoury, a retail gun and accessories outlet (1103 Aviation Blvd., Hermosa Beach, CA 90254; 213-374-2227).

Someone at Beach Cities had taken a standard wood-stock Chinese SKS import and gotten a Choate synthetic folding stock for it, then had both rifle and new stock coated in a distinctive camouflage pattern by Z-Coat. Besides giving the rifle its striking appearance, this coating of stock and almost all the rifle parts is corrosion resistant, reduces maintenance and extends the service life and is said to improve performance.

The folks at Beach Cities loaned us

this unique rifle and we fired a few rounds through it and found it a pleasure to handle and shoot. We didn't want to run too many rounds through this new gun but the shooting we did do with it showed to be pretty accurate and smooth functioning. The Z-Coating had no affect on function or accuracy whatsoever that we could tell. The SKS is a fairly light and compact rifle anyway, but with the nice folding stock it's even more so.

At this writing the rifle was still on sale at Beach Cities for \$579 — considerably more than you might pay for a stock Chinese SKS, but a lot more rifle. Then again, you could take a stock SKS and modify it similarly yourself with your own customizing options.

Regardless of what you might do to personalize your rifle, the SKS is sensible, economical choice for a personal survival weapon. ●



Rape-Proofing

By Daniel C. Friend

How women can protect themselves from sexual assault . . .

The author, former senior personal security instructor for the U.S. Central Intelligence Agency, is now adjunct faculty member at the California Specialized Training Institute in San Luis Obispo, California, where he is a firearms and self defense instructor. He also is a private security consultant and teaches courses on self defense, survival and firearms, including rape defense for women — the editors.

I will never forget the last words I heard from a very close friend who was leaving for a vacation in Hawaii: "Stop worrying about me, I'll be okay."

I never saw her alive again. She was raped and had her throat cut on the beach at Waikiki. She refused to believe that there was anything dangerous about sleeping on the beach. At the other extreme are the people who feel that they are prepared to protect themselves because they carry a canister of mace, a belt buckle knife or have their keys clinched between their fingers, prepared to slash at a potential attacker's face. By relying on a "weapon" they have misunderstood what personal security is all about.

Personal security is an active and dynamic process of analysis and decision making. It is composed of two constituents: avoidance and response. Avoidance is comprised of all those things we do that keep us from being victimized. It accounts for about 95% of our security. Response is what we do once we realize we are being victimized. In its quest to portray ever more "realistic" violence, Hollywood has gotten these percentages reversed and creates the impression that no matter how dire the circumstance, the good guy will fight his way out, especially if he has a special gadget with him. Things seldom work out that way in real life, however.

What does all this have to do with rape? We need to stop thinking about rape as a separate issue. It is one part of personal security. What is valid for rape, specifically, is also valid for personal security in general. Rape is not

an expression of unfulfilled sexual desire. It is a violent and brutal attack intended to subjugate and humiliate the victim through sexual exploitation.

Historical societal roles and the size, weight and strength superiority enjoyed by the male attacker creates the psychological predisposition on the part of the victim to think that she is helpless. Disbelief and shock combine to create the frequently reported paralyzing reaction that, "This can't be happening to me." The victim often experiences a psychological withdrawal that puts her into an observer mode. The victim may lie there, virtually unable to take action.

Even if she doesn't suffer physical injury in the attack, the psychological trauma will be a long-term burden. Women who, on the other hand, react by struggling may provoke their attacker to use more force than he originally intended. Undirected struggling,

like the helpless splashing of a drowning man, expends tremendous amounts of energy without producing any positive results.

Options — What then are a woman's options? Should she try to talk her way out of the situation through psychological manipulation of her attacker? Should she passively submit to the rape? Or should she resort to physical force to disable her attacker and escape?

Before automatically discarding the last option, let's consider two very important concepts. First, action is faster than reaction. This is precisely why the rapist gains control of the situation. He has the initiative and the victim is forced into a reactive mode. To be successful in any physical

Rapists usually attack from behind, utilizing surprise to overcome the victim. You won't be able to use the traditional fighting stance from this position.





In this simulated abduction, the van provides cover for the abduction. Escape routes are blocked and quick escape appears unlikely. A viciously executed physical response is the only way out of this one.

Having a high profile as potential rape victim involves much more than dressing seductively. Being alone on elevators, dark streets, parking structures and isolated trails greatly increases your vulnerability.



Secure in your own home?
If you leave windows open
and doors unlocked you
probably aren't.



response, the victim must snatch the initiative away from her attacker and — assume the active role. Second, superior size, weight and strength do not determine the outcome of a rape attempt. Directed aggressiveness expressed through surprise, speed and violence of action are the determining factors in defeating a rapist.

It would require an entire book to present a complete rape prevention course. In this short article I will outline the steps necessary to develop an effective personal security attitude, and demonstrate the principles that will allow a woman to defeat a more powerful attacker.

The conventional approach to rape prevention utilizes the "checklist prescription" which is a list of dos and

don'ts such as don't undress in front of an unshaded window, do look behind the car seat before getting in, don't walk alone late at night, and do lock doors and windows. Rather than using a list of specific things that relies on the memorization process, I prefer to foster the thinking process through the application of four basic principles that pertain to all personal security situations. Memorizing a set of specific guidelines can never be a substitute for the dynamic process of analytical thinking and decision making.

Make the following four principles a part of your life, a part of the way you view the world, and you will discover that you are more confident, less vulnerable, and are better prepared to respond effectively to the unexpected.

1) INCREASE YOUR AWARENESS
in both the general and specific senses. — In the general sense, learn more about the nature and scope of the threats that exist in your area. Read the accounts of criminal activity in the newspaper and learn from the experience of others. Read the books on rape that I cite at the end of this article.

Increase your awareness in the specific sense by paying more attention to what is going on around you. Develop a dialogue with yourself as you go through the day. Analyze what you see and determine if it might present a threat to you. For example, I drove to a pizza parlor with a friend of mine. We stopped in front and she started to get out of the car. "Wait a minute, what's wrong with this picture?" I

(Continued on page 64)

Gurkha Knife

Cheap, Practical:

One man's choice for an all-round personal survival tool...

By David Gallery



Many outdoormen like to "be prepared" (like the Boy Scout motto says) for any trail-blazing emergency, including getting lost. But experience tells us that to tote a knife, hatchet, saw, and machete into the wilderness is enough to give even Rambo a hernia.

So we seek the type of "Space Age" bowie survival knife that Tarzan would trade Cheetah for. But most of us are too stingy (like the author) to dish out \$200 for a samurai-quality blade.

Having experimented over the years in the woods with a variety of bowie knives, hatchets, machetes, and you-name-its, the author has finally settled upon the Gurkha knife (also known as the Kukri knife) as his trusty personal survival knife for camping.

Three reasons prevail. It has a curved foot-long blade designed for hacking and chopping (versatile for many camp chores). It's no bulkier to carry than

a hatchet. It sells for around \$25, quite a bargain on today's knife market. Higher quality, more expensive versions are available from many of today's major knife makers.

To hold the Gurkha Kukri knife in

your hand gives you that feeling of confidence. No doubt, a knife with a foot long blade is one you should expect to do more with than just clean finger nails.

It has a simple riveted wooden handle and a dandy leather-coated wooden sheath with a nice wide belt loop. It tempts you to mount this unit on a den wall next to a bear skin; and some collectors do just that.

But after you test one you realize it is a durable outdoor knife due to blade thickness (a full 1/5 inch on top). The carbon-steel blade is also much easier to sharpen than stainless steel. And knife experts will tell you that "sharper is better."

It is NOT fancily crafted or elaborately honed like a samurai sword, but you don't pay samurai prices for it either. It was designed as a practical tool like any hatchet or machete, so don't be afraid to treat it in such a manner when in the great outdoors.

Since the Gurkha Kukri replaces "fancy dancy" with durability, it would be easier to wreck a common hunting knife or surplus machete when hacking up the North Woods before you would call a tow-truck on the hefty Gurkha.

The Kukri knife also comes with a pair of tiny "ceremonial" daggers the Gurkha warriors supposedly used for striking flints and skinning game. But quality on these "toothpicks" is below par and they require much sharpening before proving practical. (The author discarded his, and would prefer

a Boy Scout pocket knife in place of these "toys").

The legendary Gurkha Kukri knife dates back to the 12th century. To this day it is still the personal weapon of the Gurkhas of Nepal and Northern India. Kukri making is a craft handed down from father to son. The Gurkha warriors were feared soldiers in hand-to-hand combat due to this lethal "coconut-buster" weapon.

The Kukri knife also serves as a religious symbol to the Gurkha, and indicated by the two notches on the underside by the handle ("divinity"). Honest-to-gosh Gurkha knives will also have the word "INDIA" engraved today on the side of the blade.

Chopping Power — The "secret" behind the Kukri knife's amazing hacking and chopping power lies in its uniquely downward curved 12-inch blade that makes it slightly resemble a boomerang. This design enhances or intensifies its striking capabilities. The Gurkha warriors obviously had this concept in mind when designing it as a fighting knife, and knew it was capable of severing a man's head at the neck in combat.

Awhile back the author conducted his own "chopping" experiment, and pitted the Kukri knife against a bowie knife, hatchet, folding pack saw, and a machete. The objects on trial were wooden dowels, tree branches, 1x2 boards, pine boards, 2x4 blocks; even a wooden chair.

The Kukri knife won the contest

hands down. It took fewer whacks to smash cleanly through these objects than the other contenders, including (to the author's surprise) the hatchet.

The Gurkha Kukri knife is no worse to tote around than a hatchet. When sharpened, it proved effective clearing brush, building a lean-to, cleaning fish, sharpening spears, and smashing coconuts. It's good for self defense (just ask any Gurkha warrior).

There are plenty of decent "hollow handle" survival knives on the market today filled with all kinds of "goodies" like matches, fish hooks, and odds-n-ends short of a rubber raft.

These knives are certainly fine if you find yourself briefly lost in the woods for a weekend or so. But let's imagine if you were lost in rugged terrain for a week or longer (cases on record by pilots, explorers, etc.) And, you had to build a sturdy lean-to to protect you from snow, or had to hack your way through dense forest brush.

Are most of these "hollow handle" survival knife blades really designed for such elaborate outdoor challenges? A hacking and chopping tool like the Gurkha knife is really what you need. And, a "multi-purpose" tool (again like the Gurkha) that can make deadfall snares, build a crossbow, behead rattlers, and which can fit comfortably in your pack, would be worth its weight in gold.

Out-of-the-box, the Kukri knife could use some sharpening. The author recommends an ordinary hand metal file to "make ready" the carbon steel blade. Though a honing stone will also work, it is usually too slow when tackling such a big knife. If you have ever sharpened a hatchet or machete with a metal file you will find they can give you the edge you want.

Electric grinding wheels are NOT recommended. They are difficult to be accurate with, and often end up grinding away too much of the knife blade unnecessarily. You might end up with a brittle edge this way. Stick to the hand metal file for the standard results. Plus, you can easily stuff one into your backpack to touch up your Kukri knife after working with it.

The author has used his Gurkha knife in the Arizona desert to slice open barrel cactus for water; in mountain country to get icy snow off a Bronco windshield; and once opened a can of baked beans with it.

So next time you need a hefty survival knife, consider the Gurkha Kukri. It's a bargain "life-saver" that is hard to beat. •



Evacuation

(Continued from page 27)

With deceptive casualness the porter told me that Commandante Zero had intended to meet with me but that he had stumbled into a Filipino Army ambush on the way into town and was killed. "They were officially breaking the story in Manila at this time but everyone in Cagayan knew what happened," he told me.

For me the news had the same impact as a big swallow of moldy, green Third World water. There is no way that these people will think that all of this is coincidental, I quickly concluded. It didn't take a Phi Beta Kappa in international business to know I was in real trouble and that it was imperative to implement a strategic evacuation plan. As every effective international businessman must, I was not paranoid but I did have a continually evolving strategy in the back of my mind.

I reached into my bag and pulled out a crisp, new U.S. bill. "Go to the market and buy for me a 9 volt appliance battery," I requested. "You can keep the change if you are back in 30 minutes." Nine volt batteries are extremely scarce in that region. I knew the porter would be otherwise occupied for at least 30 minutes before he could organize anything with his friends. For all they knew, I would be staying for a week.

Evacuation Rule No. 1. It is no time to contemplate one's navel when the situation turns to worms. Act quickly and decisively.

Evacuation Rule No. 2. When traveling in places where an emergency retreat may be necessary, carry lots of U.S. cash. Travelers' checks are OK but not very useful in emergency situations. I like to carry at least \$1,000 U.S. dollars in crisp new \$100s or \$50s in my money belt.

Should the situation really look ominous, such as was true in Kuwait, I would carry 20 \$100s, some of which were sewn into the bottom of my camera case. If, for some reason, one knows certainly that they are headed for trouble, take along several one-ounce gold coins mixed in with the host country's worthless aluminum change.

Quickly I stepped into my hotel room where I pulled a tan cotton work shirt and pants from my case. I literally jumped into these clothes, pushing my sport shirt and slacks back into the bag.

Evacuation Rule No. 3. Those who

might want to evacuate must carry a complete set of clothes indigenous to the area. These are best purchased at a local market. In Saudi and Kuwait, I bought a long, white flowing Arab robe. The robe would have completely disguised me from those around. In the Philippines, the work shirt and pants wouldn't completely disguise me



Automobiles negotiate poorly defined tracks in the desert north of Kuwait into Iraq. A compass would be necessary but one could have dashed to freedom across country like this early in the Iraqi occupation of Kuwait.

but they certainly would have confused and helped. At least I didn't immediately look like a westerner and it was not what the people saw me wear into the hotel.

Evacuation Rule No. 4. Always, when traveling into an area, have one main plan for getting out and a minimum of two others that can be used in case the first proves impossible. The main plan should obviously be to go to the airport and take a regular commercial flight out. Alternatives can be anything from walking and/or swimming to hiring a boat. In Kuwait I planned to either hire a camel and go across country, or walk to safety wherever that was at the moment. In Saudi I planned to take a sailboat to Bahrain. In Mexico I planned to take a bus to a border town and walk across the border from there. In Cagayan there were a number of boats in the bay. For \$500 U.S. one would have gladly made the three-day journey to Manila, should my main plan of catching a regular commercial flight been impossible.

Several rules are a subset of Rule 3.

If one's sense of direction is poor and the alternate plan might include a 30-mile walk through a featureless, dark desert as was true for the Americans in Kuwait, carry a compass. A compass can be hard to find unless it is carried along from home. Other equipment such as a knife, length of

rope, water bottle or whatever can usually be purchased locally. At one time I purchased a water bottle and kitchen knife from a hotel cook in Algeria City, Algeria.

As part of this alternate strategy, always know where you are. It is shocking how few American businesspeople know the distance to the next border, the location of major roads, rivers and mountain ranges, as well as other vital, practical information.

On arriving in a new country, immediately buy a good, complete road map. Maps are not available in some countries. When in doubt, go to a large map store in the U.S. and purchase before leaving. Traditionally communist countries have foolish, inaccurate maps. In one case I purchased a map of Yugoslavia in the U.S. and found out on arrival there that their maps were adequate.

After changing clothes I quickly slipped out a side door into the court yard carrying my tote bag. At the rear of the hotel I caught a three wheeler back out to the airport. The next flight to Manila was due to depart in 90 minutes but was fully booked. A crisp new \$100 bill unbooked the seat I needed.

When implementing an alternate plan, one can often rely on the help and sympathy of one's business associates. Unless one has been an absolutely incorrigible Ugly American, foreign associates will take incredible risks on one's behalf. Even in Iraq the authorities had to make it a hanging offense to get the citizens to turn in the Americans and the British.

In Kuwait all but the old, infirm and those with young children could have put on Arab robes and walked out across the flat, pebbly desert. It would have taken a healthy bribe to get a ride to within three miles of the frontier and then it would have been a long, arduous walk. Most Americans could have gotten out, especially if they had implemented their plan in the first 12 to 20 hours. If walking was not possible, an evacuee could have hired camels or even driven one's car out over the hard flat desert.

Businesspeople who intend to survive under circumstances of international duress will find it's a do-it-yourself proposition. Success will come to those who plan ahead, even in the most rudimentary fashion. ●

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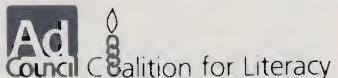
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Recommended by ASG in the February 1991 issue, "Blackpowder Cannons," page 65.

SURVIVAL TACTICS VIDEO

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Make Up Your Mind To Survive

(Continued from page 49)

relate to the specific injury. For a burn, you might visualize the area in successive stages of healing until the area is as it was prior to the burn. For a sutured cut, again visualize the wound has not been sutured and perhaps merely taped closed, visualized the wound with a zipper which you close. For a broken bone, visualize the two ends snugly rejoined with superglue or stainless steel pins.

Some individuals prefer to visualize a white light emanating from a religious being (God or Jesus) bathing the wound and thus healing it.

Whether you use the above or your own visualizations, it's important to see what you want your body to do while repeating two or three appropriate affirmations for self-hypnosis, repeating all the affirmations for hypnosis. Your body will respond as quickly

as your sincerity, persistence, and seriousness of condition will allow.

Control of Pain — As equally important to survival as healing, if not more important, is the control of pain. The good news is that this is possible using hypnosis. The bad news is that not everyone can alleviate the same amount of pain. Approximately 20 percent of a given population will achieve some type of relief since general relaxation per se will accomplish that much.

Approximately 60 percent of that population will achieve an analgesic state in which there is considerable relief with still some awareness of discomfort or a sensation of the "something is still there" type.

The remaining 20 percent of our population will achieve anaesthesia — total unawareness of pain.

Determining how adept your subject is in controlling pain is relatively easy. Have them sit quietly while you have them imagine the following:

"As you sit quietly, imagine your left (or right) arm soaking in a tub of iced water — actually see the ice cubes floating around. Sense how cold, chilled, frigid the water is — numbing your entire arm from elbow to finger tips — so cold, so chilled, so frigid, so numbing (Repeat this two or three times). Now let's concentrate that cold, chilled, frigid numbness sensation in your arm and fingers into one small spot on your arm (or back of the hand — in either case with your finger outline a small circle on the area to indicate where the numbness will occur). Now, I'm going to stimulate that area with a sterilized needle (previously dipped in alcohol, but do NOT break the skin when pricking the area) and you will feel nothing at all (Stimulate several times as you repeat). You feel nothing at all, nothing at all.

After this exercise, return the arm/hand to normal feeling by stating such, have them open their eyes, and ask them if they felt anything. If they did, they were not relaxed enough or did not imagine the iced water scene well enough. In this case, repeat this exercise once a day for at least the next five days. If at the end of this time they still feel the needle's pinch, they are in the first 20 percent previously described.

If after the initial exercise they answer they felt no pain but that they did feel pressure they experienced analgesia and fall into that 60 percent segment. With more practice, they may not feel the pressure any more.

If after the initial exercise they felt no pain and no pressure, they fall into that remaining 20 percent and can achieve anaesthesia.

Following are affirmations to alleviate/eliminate pain: "My body is powerful and rejects pain... Pain rolls off me like water off a duck... My pain evaporates like water in the sun... I feel pleasant and pain free... Day after day I control my pain more and more... I feel warm, comfortable, and pleasant as my blood flows freely relaxing me and removing my pain... Pain



The demeanor and shallow breathing of this client indicate she is in a light state of relaxation (hypnosis). She will deepen her relaxation with the suggestion that she will relax "deeper and deeper" as her arm slowly lowers to her thigh.

has no effect on me because I control the pain... Pain is like helium in a balloon which floats away..."

There are three techniques of pain control to be used with the affirmations. The first is to "displace" the pain to another symbolic object. For example, if someone has a pain in his leg, it is possible with the appropriate commands and visualization to displace it to the leg of a chair or piano. He will still be aware of the pain, but as far as he is concerned, it is the chair or piano that is experiencing it.

Another technique is to use the iced water scenario, only this time a hand is immersed and numbed as if the hand were wearing a glove (not surprisingly, this technique is called "glove anaesthesia"). Once the hand has been tested with a needle and found to be numb, the individual is told he can "transfer" the numbness from his hand to any part of his body merely by touching that area with his numbed fingers. And that is exactly what will happen.

A third technique is implicit in some of the suggestions just given and they require "seeing" the pain disappear.

The individual visualizes the pain as a block of ice melting in the hot sun as simultaneously his pain "melts" away. Another technique is to have a tube running from the pain area to a

board is "busy."

Any of these and similar techniques and/or combinations of them will produce varying degrees of pain relief from small to significant to complete.

Like other skills, self-hypnosis/hypnosis works better and better with practice and persistence. Working with yourself, you would use two or three favorite affirmations along with the visualization twice a day. Again at night waiting to fall asleep and again in the morning before leaving bed are also recommended.

Working with an individual, you should use all of the affirmations given along with the visualization as often as the particular situation or individual requires it.

Every circumstance possible in a survival situation cannot be produced here; however, with imagination and creativity, the techniques given here will suggest others for different situations.

Whatever the circumstances, should you find yourself in a survival situation, "make up your mind to survive" — and you will! ●

While basic relaxation and stress management are extremely important to one's survival, perhaps more important is the body's ability to heal quickly if injured.

balloon and filling the balloon "just like helium." When the balloon is released and floats away, the suggestion is made that his pain is doing the same thing — floating away out of sight. Finally, the individual can be made to visualize a gigantic switchboard and his pain as a "message trying to get through." The message, however, cannot get through because the switch-

Hypnosis Depth Scale Guide		
Average % of Population Achieving This Depth	Stage of Hypnosis	Test for Stage General Phenomena Produced in This State
20% (Light State)	1: Lethargy General relaxation "Light" feelings	<u>Eye Catalepsy</u> Unwilling to open eyes on count of 3
	2: Deeper relaxation Heavy/floating feelings	<u>Limb Catalepsy</u> Unwilling to move an arm/leg/finger
60% (Medium State)	3: Better rapport with technician Smell/taste change	<u>Number Block</u> Unable to "say" the number between 5 & 7 when counting from 1 to 10
	4: Amnesia Automatic movements Analgesia (pressure but no pain felt)	<u>Analgesia</u> Feels pressure of a pin on his skin but feels no pain
20% (Deep State)	5: Positive visual/aural hallucinations	<u>Anesthesia</u> Feels nothing when skin pricked by pin
	6. Negative visual/aural hallucinations	<u>Visual Block</u> Won't "see" a pencil or eyeglasses

Automag II Pistol

(Continued from page 35)



Disassembled for cleaning.

tested with Winchester Magnum Rimfire ammo using ball powder.

We test fired our compact Automag II with some Winchester Super X .22 WMR ammo and, just to see if it would work at all, some CCI .22 WMR shotshell ammo. As predicted, the shotshells would fire all right but would not cycle the action or extract. Each round had to be pried out with a small knife blade before another round could be chambered.

The Winchester full metal jacketed .22 WMR worked perfectly and there were no malfunctions experienced during the firing of any of it in the Automag II compact model.

We found the compact model performed very well with the Winchester ammo and accuracy was very good in the 10- to 20-yard test fire ranges tried.

The compact Automag II fits smaller hands better but there's still plenty of pistol to grip even for the big fisted shooter. I was able to place all of my last three fingers on the grip while shooting. The Automag IIs are comfortable and easy to shoot with as well. Recoil is moderate, though more pronounced than with a semiautomatic firing .22 Long Rifle ammunition. The compact model is a solid little pistol and no lightweight, but not so heavy as to be a burden to carry.

When engaged, the safety lever on the left rear of the slide blocks the firing pin and stops the hammer from contacting the firing pin, but it will not stop the hammer from falling if the trigger is pulled. As always, never rely on any safety mechanism in han-

dling a gun. Always keep the muzzle pointed in a safe direction.

The Automag II pistols are shipped with two magazines. The magazines for the compact model are listed as having a capacity of 7 rounds, however, we were able to put 8 rounds in our magazines with no problems. This may be too much pressure on the magazine springs, so perhaps it's best to load only 7 rounds in the magazines for most reliable operation.

The pistol will fire with or without a magazine inserted in the magazine well. There is no magazine safety feature on these pistols.

We consider the compact Automag II a well made, powerful, accurate and reliable handgun useful for sporting and defense purposes as well as for a back up or concealed carry pistol. ●

Automag II Compact Pistol: Tech Specs

Caliber	.22 WMR
Lengths:	
Overall	6 3/4 inches
Barrel	3 3/8 inches
Height w sights	4 3/4 inches
Width	1 1/4 inches
Weight empty	24 ounces
Rifling	1 turn in 14 inches (6 grooves, R.H.)
Magazine capacity	7 rds
Sight radius	5 inches
Construction	all stainless steel, black plastic grips
Safety	firing pin block, hammer firing pin block
Price, suggested retail	\$349.99
Manufacturer	AMT 6226 Santo Diaz Street, Dept. ASG Irwindale, CA 91702 (818) 334-6629 Fax (818) 969-5247

TO THE POINT

(Continued from page 6)

lated and the owners intimately identified and watched by the federal government!

And this is just one of the anti-firearms-ownership provisions of this law!

And what about that wonderful "Brady Bill?" You know, H.R. 7 and S.257? That wonderful piece of "gun control" legislation constantly and almost exclusively referred to by the valiant watchdogs in the leftist-dominated media as a bill to require a "7-day wait" before purchase of a gun. That's all it requires, right? What's the big deal?

The big deal is that, as it was introduced, the bill would also require the prospective handgun purchaser to provide the gun dealer with a written statement from the police chief or sheriff, etc., in the buyer's town, stating that the buyer required access to a handgun because of a threat to his/her life or a member of their household's life. If your police chief or sheriff, etc., didn't want to issue such a letter, you can't buy the handgun! This provision was waived in the Brady Bill in the course of its moving through the Congress, but if it had been enacted, it would have effectively eliminated 99 percent of LEGAL handgun purchases in this country! As it is, the Brady Bill lays the groundwork for far more restrictive regulation of gun purchases down the road. Just wait. Numerous scholarly studies say waiting periods have little or no effect whatsoever on crime. Once it's obvious that the 7-day wait is doing nothing to prevent or stop crime, its supporters will argue for a longer waiting period. I understand it can take six months to get a permit to purchase a handgun in New York City. And this could be typical for the rest of the country in the not-too-distant future. The idea, of course, being the ultimate denial of guns to the public — the law-abiding public, that is.

The leftist-dominated media works diligently with the anti-firearms-ownership forces in society to deceive the public about such "gun control" legislation. Therefore, it's up to each of us who believes in the inalienable right of free people to own weapons, and specifically, firearms, to do all we can to get the truth out to the public about what's really in such legislation. The price of freedom is eternal vigilance — Jim Benson.



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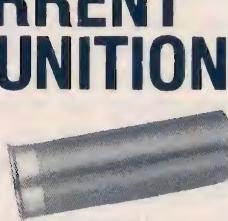
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Rape-Proofing

(Continued from page 55)

asked as I motioned toward the large front windows.

She looked, but she did not comprehend what she saw because her sense of awareness was not adequately developed. No one was moving inside the pizza parlor. A man wearing a calf-length overcoat, with both his hands in his pockets, was behind the counter. It looked too much like a robbery in progress for me to go inside, so I suggested we wait in the car. After a minute or so of observation, I saw the man in the overcoat remove both hands from his pockets, and the employees behind the counter begin to talk to him as he walked back and forth. It wasn't a robbery, just an off duty employee wearing a funky coat visiting with his friends. Being observant and analyzing what I saw only took one short minute out of my life, but that minute may have kept us from walking into the middle of an armed robbery.

2) LOWER YOUR PROFILE. Do women contribute to their own victimization by attracting the attention of a potential rapist? Statistics indicate that nearly 90 percent of rapists live in the same neighborhood as their victims, raising the question of whether a pre-attack selection process may precede the actual rape. Many convicted rapists have expressed the sentiment that, "she wanted it" or "she was asking for it." This is, of course, a perception that exists in the mind of the rapists, not necessarily in reality.

Your profile is more than your appearance. It includes your vulnerability and your perceived ability to defend yourself. If you jog in isolated areas, park in enclosed structures or on dark streets, think about your profile as an attractive victim and see if



Here the victim attacks the rapist's groin area while his hands are occupied in the struggle.

you can modify your routine to make yourself a more difficult target for a potential rapist.

3) LEARN HOW TO RECOGNIZE AND AVOID POTENTIALLY DANGEROUS SITUATIONS. Recognizing a potentially dangerous situation without taking action to avoid becoming involved in it is asking to be victimized. I had a friend who saved herself from being kidnapped off the streets of Bogota, Columbia, by running across the street and into a taxi after she realized that two men were closing in on her. Once in the cab, she saw the men put their guns back under their coats, confirming her estimation of the situation.

Once we've increased our awareness, we'll have a fairly good idea of what looks normal and what looks hinky. The big question is why do we let our logical mind overrule our sixth sense and continue on a path that is uncomfortable. The majority of victims I've interviewed indicate that they felt something was wrong, but continued on anyway. If you see a situation developing that makes you feel uncomfortable, don't go further into it. Immediately do whatever is necessary to remove yourself from the perceived threat.

4) MAKE THE PROPER RESPONSE IF CONFRONTED. If someone points a gun at you and demands your purse, this isn't the time to show him what you learned in your karate class. Nothing in your purse is worth your life. If you are attacked by a rapist, on the other hand, you should be thinking about escape. There are very few situations that can't be escaped from. The key is in knowing what to do and when to do it. Before



You must be able to fight in all directions, not just the front.

you move you must have the confidence that you have the knowledge and skill to execute the proper responses. You must then develop a primary plan, and an alternate, in case the primary one doesn't work. If you have mentally practiced "What if" scenarios ahead of time, all this takes only a second or two. You put the plan into effect at the best possible time — even if you have to wait to do it. The question you need to ask yourself is, "Is it possible to simply run away, or will I have to disable the attacker first?"

In my classes many women have said to me, "Oh, I could never do that," when I demonstrated disabling techniques. If you are one of these people, now is the time to begin preparing yourself psychologically to deal with the consequences of being raped, or develop your confidence in the passive skills required to talk the rapist out of completing the act.

For those of you who are either unwilling or unable to use physical violence against your attacker, you need this very important piece of advice: Even though you are not physically in charge of the situation, you must put yourself in psychological command. This a very important concept that is used in hostage survival training. If you submit to the rapist, do it because you considered all the other possibilities and CHOOSE that one as the best or only way to insure your survival. This may sound a bit simplistic but it will greatly reduce the anguish, self-loathing and feelings of worthlessness that often plague rape victims long after the attack.

For the rest of you, who say, "Yes, I could hurt someone who is trying to rape me," I want to share an effective means of escape that dramatically demonstrates the superiority of leverage, body dynamics, speed and deci-



Pull your arms into your body and raise one knee for a power push off.



Blinding the attacker by thrusting your thumbs into his eyes.

siveness over size, strength and weight.

Because I only demonstrate disarming techniques in person, I will ask you to assume that your attacker is unarmed. What is the worst possible situation you can imagine yourself in? Visualize the attacker on top of you. He has you pinned to the ground by the shoulders or by the arms. When put in this position, most women admit that they feel psychologically defeated, helpless and completely intimidated by the man's greater weight. But in fact, it is possible to counter attack from this position. However, if you are still on your feet, never voluntarily go to the ground. It is far easier to escape and run when you are already on your feet.

At this point you have prepared yourself psychologically to disable, perhaps permanently, this creature who is preparing to deal the most emotionally crippling blow of your life. Once you begin your attack, don't stop, or let up until he is disabled and you can safely escape. You begin the attack in one of two ways: by blinding him or crushing his testicles.

If you choose to attack his eyes, don't use two fingers in the manner of the Three Stooges. Use your thumbs. Reach up gently with both hands as if you intend to pull his face closer to yours. Lock your fingers behind his jaw and press your thumbs into his eye sockets with all your strength. Your thumbs should enter near the nose and drive back into the eye socket. You need to be aware that this is a lethal force event and there is a slight possibility that this move may cause death. Most likely, however, it will only disable the attacker, causing temporary blindness. I recommend this technique only when you are in fear of bodily harm, and you feel you have no other option.

If you choose the testicle crushing option, you need to appear compliant enough that as you gently reach for his groin he will be expecting something of a more affectionate nature. When you grasp the testicles, imagine them as a handful of soft dough. Crush that dough until it squeezes out between your fingers. This technique will instantaneously disable the attacker but is unlikely to result in permanent damage. It may produce unconsciousness, or at least a complete loss of muscular control, so be prepared to execute the next move which will get you out from under him.

Regardless of which option you have chosen, blinding the attacker or crushing his testicles, your next move will be to roll free. Remember this is a leverage movement, not a strength movement. The following movements are executed simultaneously, but I will describe them one at a time. You are going to roll out from under the rapist. If you want to roll to the right, bring your left knee up as far as it will go, keeping your foot flat on the floor. You now have the leverage to roll by shoving off with your left leg.

At the same time grab his arms for stability as you roll. If he has your arms pinned to the ground, pull them into your body. He will not be able to stop you. Reach across your body with your right hand and grab his right wrist. Now use your left arm and leg to propel yourself over. You will be amazed at how easily he will roll off of you. Continue your roll until you are over him, then drive your knee into his groin and smash a hammer fist into his neck. Don't use the John Wayne, knuckle fist, but imagine you are holding an ice pick in your fist and are driving it into his neck. This



Once on top don't stop the attack. You must disable him in order to escape. This woman knees her attacker in the groin, drives a hammer fist into his clavicle and then another into his nose before running away.

is a smashing move, as if you are driving a nail with a hammer or chopping wood with an axe.

Now is not the time to stay around unleashing gratuitous violence on the disabled attacker. Spring to your feet and escape. Despite what you may have heard elsewhere, don't yell, "Fire." Don't attempt to form any words at all — just scream, and run for all you are worth.

This is just one of many ways that a confident and properly trained woman can escape from a physically more powerful attacker. Hopefully you, as the victim, would have had the opportunity to escape before the situation got to this point. The self-defense system I teach in my personal security classes is based on a graduated response to an escalating threat. It emphasizes the importance of balance, leverage, body dynamics, speed and decisiveness to successfully execute any self-defense technique.

Regardless of your level of skill in self-defense tactics, there is one critical element that is the basis of any successful encounter, and that is ATTITUDE. You must have the WILL TO SURVIVE and the WILL TO WIN. You must have the confidence in yourself and your training to know that you can do it. Students trained in the traditional martial arts often have difficulty making the transition to a purely real-world, no-holds-barred defensive fighting system. This is because they have been schooled in a system based on form and rules rather than results.

When you are defending yourself you have to do whatever is required to win. As my friend, George Williams, founder of the WILLIAMS DEFENSE SYSTEM and coordinator of the Officer Safety and Field Tactics program at the California Specialized Training Institute in San Luis Obispo says when speaking of life-threatening situations: "Always cheat and always win, ALWAYS." ●

BOOKLIST

While I don't endorse or agree with everything in these two books, you may find them of interest.

How To Say No To a Rapist and Survive

by Frederic Storaska

Random House, New York, 1975. 237 pages.

Against Our Will: Men, Women and Rape

by Susan Brownmiller

Simon and Schuster, New York, 1975. 472 pages.

Stars & Stripes, National Guard M1s

(Continued from page 24)



Rear sight is a large peep adjustable for windage and elevation. Front sight is a fixed, protected blade.

North Carolina, Ohio, Oklahoma, Oregon, Pennsylvania, South Carolina, Tennessee, Texas, Virginia, West Virginia, and Wisconsin.

Both the Stars & Stripes and National Guard carbines have a gold-filled engraving on the slide with the words "1941-1991 50" ANNIVERSARY".

The "U.S. Carbine, Caliber .30 M1," as it was officially known, was developed by Winchester and invented by Winchester designer David Marshall "Carbine" Williams, whose ingenious, simple "short stroke piston" design was an inspiration he had while working on a prison chain gang.

The government made an order of 350,000 M1 Carbines from Winchester in November of 1941, just after the rifle passed government testing. More than 6.3 million of the carbines and their variants the paratrooper folding stock model M1A1 and select-fire M2 and M3 were made, with Winchester producing a total of more than 800,000 and the rest coming from several other manufacturers.

This light, handy little rifle was intended to replace the pistols used by noncommissioned officers, special troops and company grade officers. It soon became a very popular choice with many of the U.S. troops and their allies. The M1 Carbine was widely used in World War II, the Korean War and the early stages of the Vietnam War.

Weighing only a little over 5 pounds empty and producing a muzzle velocity of around 2,300 feet per second the carbine's military specification 110-grain jacketed round nose bullet hits

its targets with a force which has been compared with the .38 Special caliber handgun bullets.

Iver Johnson loaned us a Stars & Stripes carbine and a Texas Army National Guard carbine for evaluation. Several of us on the staff of ASG own used military surplus M1 Carbines and are familiar with their operation and shooting abilities.

In handling and test firing these new versions of this venerable service and now popular civilian firearm, I'm pleased to say that we gave them high marks in comparison with their older WW II-era brethren which we own.

The stocks on the new guns are really nice, quite a difference with the rather beat-up wood stock on my surplus carbine. Aside from their newness, however, they are identical to our surplus carbines and all their parts, being full military specification, are interchangeable with those of any



Magazine release button and safety lever.

other genuine military M1 Carbine.

It's a good bet that many if not most of the more than 6 million military surplus M1 Carbines are now in civilian hands in this country. These rifles and their cartridge are very versatile and are widely used for hunting, defense and sport shooting.

We test fired the carbines with some cheap Filipino and American Eagle (Federal) 110-grain .30 Carbine ammunition.

The newness of the guns was evident as we took them out of the box and began working the actions and firing them. Both rifles were a little stiff at first. A couple of times as I drew the bolt back to chamber a round the operating rod would stick and it took a little patience and perseverance to get the rifle in battery, but each time this was accomplished. As we handled and shot them more, the actions became smoother to operate. There were a few jams and misfires using the Filipino



New military M8 bayonets for the M1 Carbine are commonly available.

(Arms Corporation of the Philippines) ammo. When we switched to the American Eagle stuff well into our test firing session, these troubles disappeared, indicating the problems were the result of the ammunition and not the guns. Accuracy was much better with the American ammo as well.

Initial firing for groups showed that the rifles were firing high and to the right of the point of aim. Inspection of the rear sights showed that both were not properly centered. Once this was done, the point of aim and point of impact were much closer.

Shooting fairly quickly with shoulder aimed firing from about 65 yards yielded groups in the 6-inch range with the Filipino ammo. Shoulder aimed fire from 25 yards with the American Eagle ammo provided a 2½-inch group — about as tight a group at this distance as I've ever shot with any M1 Carbine.

In summary, we were pleased with these Iver Johnson carbines and find them to rank with the best of our surplus military M1 Carbines.

Suggested retail for either commemorative rifle is \$384.95. Iver Johnson can provide phone numbers of distributors for each of the 26 National Guard commemorative rifles. For more information about these fine guns, contact Iver Johnson Arms, Dept. ASG, 2202 Redmond Road, Jacksonville, AR 72076; 501-982-1633; fax 501-982-8075. •



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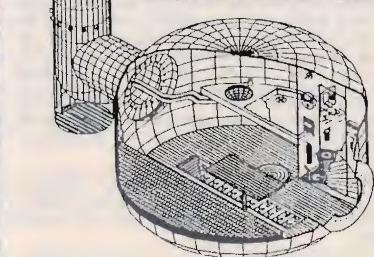
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Rape-Proofing

(Continued from page 55)

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Blinding the attacker by thrusting your thumbs into his eyes.

siveness over size, strength and weight.

Because I only demonstrate disarming techniques in person, I will ask you to assume that your attacker is unarmed. What is the worst possible situation you can imagine yourself in? Visualize the attacker on top of you. He has you pinned to the ground by the shoulders or by the arms. When put in this position, most women admit that they feel psychologically defeated, helpless and completely intimidated by the man's greater weight. But in fact, it is possible to counter attack from this position. However, if you are still on your feet, never voluntarily go to the ground. It is far easier to escape and run when you are already on your feet.

At this point you have prepared yourself psychologically to disable, perhaps permanently, this creature who is preparing to deal the most emotionally crippling blow of your life. Once you begin your attack, don't stop, or let up until he is disabled and you can safely escape. You begin the attack in one of two ways: by blinding him or crushing his testicles.

If you choose to attack his eyes, don't use two fingers in the manner of the Three Stooges. Use your thumbs. Reach up gently with both hands as if you intend to pull his face closer to yours. Lock your fingers behind his jaw and press your thumbs into his eye sockets with all your strength. Your thumbs should enter near the nose and drive back into the eye socket. You need to be aware that this is a lethal force event and there is a slight possibility that this move may cause death. Most likely, however, it will only disable the attacker, causing temporary blindness. I recommend this technique only when you are in fear of bodily harm, and you feel you have no other option.

If you choose the testicle crushing option, you need to appear compliant enough that as you gently reach for his groin he will be expecting something of a more affectionate nature. When you grasp the testicles, imagine them as a handful of soft dough. Crush that dough until it squeezes out between your fingers. This technique will instantaneously disable the attacker but is unlikely to result in permanent damage. It may produce unconsciousness, or at least a complete loss of muscular control, so be prepared to execute the next move which will get you out from under him.

Regardless of which option you have chosen, blinding the attacker or crushing his testicles, your next move will be to roll free. Remember this is a leverage movement, not a strength movement. The following movements are executed simultaneously, but I will describe them one at a time. You are going to roll out from under the rapist. If you want to roll to the right, bring your left knee up as far as it will go, keeping your foot flat on the floor. You now have the leverage to roll by shoving off with your left leg.

At the same time grab his arms for stability as you roll. If he has your arms pinned to the ground, pull them into your body. He will not be able to stop you. Reach across your body with your right hand and grab his right wrist. Now use your left arm and leg to propel yourself over. You will be amazed at how easily he will roll off of you. Continue your roll until you are over him, then drive your knee into his groin and smash a hammer fist into his neck. Don't use the John Wayne, knuckle fist, but imagine you are holding an ice pick in your fist and are driving it into his neck. This



Once on top don't stop the attack. You must disable him in order to escape. This woman knees her attacker in the groin, drives a hammer fist into his clavicle and then another into his nose before running away.

is a smashing move, as if you are driving a nail with a hammer or chopping wood with an axe.

Now is not the time to stay around unleashing gratuitous violence on the disabled attacker. Spring to your feet and escape. Despite what you may have heard elsewhere, don't yell, "Fire." Don't attempt to form any words at all — just scream, and run for all you are worth.

This is just one of many ways that a confident and properly trained woman can escape from a physically more powerful attacker. Hopefully you, as the victim, would have had the opportunity to escape before the situation got to this point. The self-defense system I teach in my personal security classes is based on a graduated response to an escalating threat. It emphasizes the importance of balance, leverage, body dynamics, speed and decisiveness to successfully execute any self-defense technique.

Regardless of your level of skill in self-defense tactics, there is one critical element that is the basis of any successful encounter, and that is ATTITUDE. You must have the WILL TO SURVIVE and the WILL TO WIN. You must have the confidence in yourself and your training to know that you can do it. Students trained in the traditional martial arts often have difficulty making the transition to a purely real-world, no-holds-barred defensive fighting system. This is because they have been schooled in a system based on form and rules rather than results.

When you are defending yourself you have to do whatever is required to win. As my friend, George Williams, founder of the WILLIAMS DEFENSE SYSTEM and coordinator of the Officer Safety and Field Tactics program at the California Specialized Training Institute in San Luis Obispo says when speaking of life-threatening situations: "Always cheat and always win, ALWAYS."

BOOKLIST

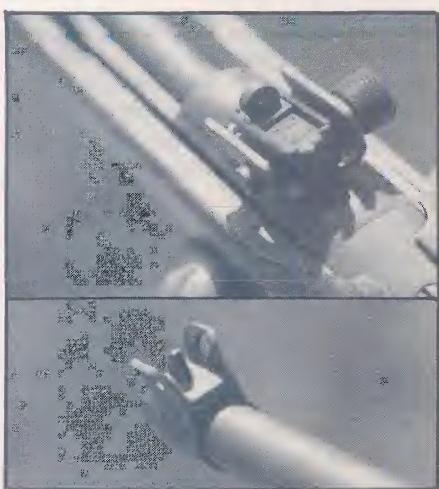
While I don't endorse or agree with everything in these two books, you may find them of interest.

How To Say No To a Rapist and Survive
by Frederic Storaska
Random House, New York, 1975. 237 pages.

Against Our Will: Men, Women and Rape
by Susan Brownmiller
Simon and Schuster, New York, 1975. 472 pages.

Stars & Stripes, National Guard M1s

(Continued from page 24)



Rear sight is a large peep adjustable for windage and elevation. Front sight is a fixed, protected blade.

North Carolina, Ohio, Oklahoma, Oregon, Pennsylvania, South Carolina, Tennessee, Texas, Virginia, West Virginia, and Wisconsin.

Both the Stars & Stripes and National Guard carbines have a gold-filled engraving on the slide with the words "1941-1991 50' ANNIVERSARY".

The "U.S. Carbine, Caliber .30 M1," as it was officially known, was developed by Winchester and invented by Winchester designer David Marshall "Carbine" Williams, whose ingenious, simple "short stroke piston" design was an inspiration he had while working on a prison chain gang.

The government made an order of 350,000 M1 Carbines from Winchester in November of 1941, just after the rifle passed government testing. More than 6.3 million of the carbines and their variants the paratrooper folding stock model M1A1 and select-fire M2 and M3 were made, with Winchester producing a total of more than 800,000 and the rest coming from several other manufacturers.

This light, handy little rifle was intended to replace the pistols used by noncommissioned officers, special troops and company grade officers. It soon became a very popular choice with many of the U.S. troops and their allies. The M1 Carbine was widely used in World War II, the Korean War and the early stages of the Vietnam War.

Weighing only a little over 5 pounds empty and producing a muzzle velocity of around 2,300 feet per second the carbine's military specification 110-grain jacketed round nose bullet hits

its targets with a force which has been compared with the .38 Special caliber handgun bullets.

Iver Johnson loaned us a Stars & Stripes carbine and a Texas Army National Guard carbine for evaluation. Several of us on the staff of ASG own used military surplus M1 Carbines and are familiar with their operation and shooting abilities.

In handling and test firing these new versions of this venerable service and now popular civilian firearm, I'm pleased to say that we gave them high marks in comparison with their older WW II-era brethren which we own.

The stocks on the new guns are really nice, quite a difference with the rather beat-up wood stock on my surplus carbine. Aside from their newness, however, they are identical to our surplus carbines and all their parts, being full military specification, are interchangeable with those of any



Magazine release button and safety lever.

other genuine military M1 Carbine.

It's a good bet that many if not most of the more than 6 million military surplus M1 Carbines are now in civilian hands in this country. These rifles and their cartridge are very versatile and are widely used for hunting, defense and sport shooting.

We test fired the carbines with some cheap Filipino and American Eagle (Federal) 110-grain .30 Carbine ammunition.

The newness of the guns was evident as we took them out of the box and began working the actions and firing them. Both rifles were a little stiff at first. A couple of times as I drew the bolt back to chamber a round the operating rod would stick and it took a little patience and perseverance to get the rifle in battery, but each time this was accomplished. As we handled and shot them more, the actions became smoother to operate. There were a few jams and misfires using the Filipino



New military M8 bayonets for the M1 Carbine are commonly available.

(Arms Corporation of the Philippines) ammo. When we switched to the American Eagle stuff well into our test firing session, these troubles disappeared, indicating the problems were the result of the ammunition and not the guns. Accuracy was much better with the American ammo as well.

Initial firing for groups showed that the rifles were firing high and to the right of the point of aim. Inspection of the rear sights showed that both were not properly centered. Once this was done, the point of aim and point of impact were much closer.

Shooting fairly quickly with shoulder aimed firing from about 65 yards yielded groups in the 6-inch range with the Filipino ammo. Shoulder aimed fire from 25 yards with the American Eagle ammo provided a 2½-inch group — about as tight a group at this distance as I've ever shot with any M1 Carbine.

In summary, we were pleased with these Iver Johnson carbines and find them to rank with the best of our surplus military M1 Carbines.

Suggested retail for either commemorative rifle is \$384.95. Iver Johnson can provide phone numbers of distributors for each of the 26 National Guard commemorative rifles. For more information about these fine guns, contact Iver Johnson Arms, Dept. ASG, 2202 Redmond Road, Jacksonville, AR 72076; 501-982-1633; fax 501-982-8075. ●



Front band assembly has a ring for attaching a sling. The other end of the sling is attached to an oiler which fits in the butt stock.

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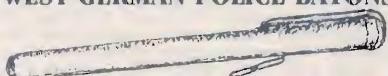
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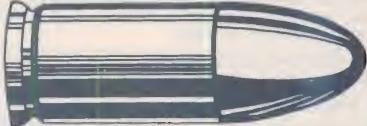
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SURVIVALIST DIRECTORY

THIS IS A CONFIDENTIAL listing of survivalists who wish to become known to others of like mind. *American Survival Guide* will accept properly coded mail and forward it to the coded addresses without charge. *American Survival Guide* accepts no responsibility for the contents or results of these confidential communications. Mass mailings are not permitted.

ASG 0801

Richmond, Virginia. Young white female seeking and exchanging information on camping and hiking and all phases of survival. Need help on using a compass to travel across country. Both orienteering and military type compass. Would like to hear from males, females and families. All letters will receive a reply. Please no gays or druggies.

ASG 0802

Long Island, New York. 18-year-old single Italian female is very interested in survival and would like to learn more about it or just an average description on what others feel about survival. All letters answered.

ASG 0803

Anywhere USA. Woman, early 30s, making fresh start. Interested in learning more about groups/communities that have survivalistic, homesteading, self sufficient oriented attitudes. Must welcome children. Are there women out their interested in these things that I can compare notes with?

ASG 0804

USA/Canada. Prospector/Survivalist, 48, with family and placer gold mines. Multi-skilled Vet trained by Special Forces. Interested in starting a stable, low profile, non-extremist retreat (family oriented group) in the BC wilderness. Individuals and U.S. citizens welcome. Would like to make contact with like groups from other areas. Alcoholics, druggies, gays, racists, Rambo's, nuts and crazies need not apply. Complete confidentiality assured and expected.

ASG 0805

Colorado. I am a male in my mid-20s with experience in outdoor survival, law enforcement, and am an EMT. I'm looking for info on self-sufficiency, survival, alternative energy, and defense, but would also like to network with other survivalists. Let me know your skills, training and experience. Confidentiality expected. No racists, extremists or criminals.

ASG 0806

St. George, Utah. I'm interested in corresponding with an ex-Special Forces individual who would like to teach me all he knows about Special Ops. I'm a single LDS male who believes in God, family, and country. Letters from single female survivalists also welcome. I'm 29 and eager to learn. If you are gay, racist, communist, a Rambo, etc., don't bother to write.

ASG 0807

Carson City, Nevada. Forming the Elite of survivalists, local and nation wide. Purpose of bringing individuals together in helping and informing survivalists of changing times and exchange of information and experience, also many other benefits. Inexperienced and experienced welcome, groups included. Write for more info. Names and addresses held in the strictest of confidence. Please no gays or druggies.

ASG 0808

Nevada, Arizona Areas. Couple interested in joining or forming a survival group. Holistic health practitioners. Would appreciate exchanging ideas and information with serious party. Looking for committed, capable, self reliant types. Please send descriptive letter and list skills. All letters will be answered.

ASG 0809

Southwest Arizona. Male, professional, ex-military, serious Christian, wishes to contact individuals and groups for training and information exchange. Low profile. Computer capable. All groups please respond. Tri-States Philosophy. All newsletters welcome. Patriots only. No gay, New Age, Islam or socialist.

ASG 0810

Oakland, California. Black male, 40 years old, experienced in street survival, small arms, martial arts and a true American, is looking for people who are experienced plumbers, electricians, electronics experts, carpenters, machinists and ex-military veterans to start a survival group in California with affiliate members all over the United States. Race not a factor. Only true Americans who want to survive. The economic disaster is surely to come.

ASG 0811

USA/World. U.S. Army infantryman seeking correspondence with pro-gun, pro-freedom, anti-abortion, anti-communist, Christian, traditional values, and survival minded individuals or groups. I am a member of the APRA. No racists, socialists, leftists or other anti-freedom elements need write.

ASG 0812

Montana, Kentucky. King James Bible believing Ana-Baptist.

Extremely pro-Second Amendment. Wealth of survival knowledge. Skilled in firearms. I make my own knives, 32, tough, able to learn more. Desire to join a survival group or another couple of minds. No gays or communists need reply.

ASG 0813

Eastern Iowa. Survivalist interested in forming a survival group in eastern Iowa, but willing to write anyone worldwide. Women and beginners welcome. No druggies, nuts, etc.

ASG 0814

Williamsburg, Kansas. Young man would like information on explosives, improvised munitions, and weapons. Also information on some survivalist groups.

ASG 0815

New Jersey. Male survivalist wishing to meet other survivalists to prepare for hard times to come. Gun control, retreats, drugs, are a few of my concerns. No weirdos please. All American only. We need to unite and prepare.

ASG 0816

Southeastern South Carolina. Couple in mid 30s offering skills in trade and barter. Low profile expertise in the oldest known method of exchanging goods. If it happens economy will still survive.

ASG 0817

Clinton, Connecticut. 15-year-old male looking to exchange information on survival with all age groups. Final goal is to start survival group in my area.

ASG 0818

Santa Clara, California. Beginner looking to correspond with others to learn more. Serious survivalists only. No racists, communists, radicals or anti-Americans.

ASG 0819

Chino Valley, Arizona. That time is near — A 51-year-old white male, in good health, needs to join a self sufficiency/survival group. No religious fanatics, Rambo's or masochist groups please. A middle of the road type that has the knowledge and common sense to know when to go to the extremes. Interested states: Arkansas, Texas, Oregon or Arizona.

ASG 0820

Salina, Kansas. Do not be deceived by this moment of so-called "world peace." This is just the calm before the storm! I am a 28-year-old male, ultra-survivalist. Join me in my long-range goal: Survival in the coming Age of Chaos. I am seeking to start the ultimate survival order — The Omega Tribe. Seeking technical and material resources and assistance. All letters will be answered. Come join us! No racists, communists, gays, Rambo's, etc.

ASG 0821

Lower Missouri, Upper Arkansas. 21-year-old male looking for all and any info on survivalist and paramilitary groups. Wishes to join a group anywhere in the USA. Have a lot to offer the right group. All serious replies considered. Strictest confidence observed.

ASG 0822

St. Augustine, Florida. Group in this area looking for new members. Specialties needed: gunsmith and communications expert/Ham. Looking for low profile types. Must be willing to learn and have time for group.

Address response letter as follows:

American Survival Guide

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2145 West La Palma Avenue
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Your letters will be forwarded to persons listed within two days of receipt. *American Survival Guide* accepts no responsibility for loss or delay of letters. Contact letters that do not carry the appropriate code number will be discarded.

Those who wish to be added to the directory listing, please send names and addresses to *American Survival Guide*, 2145 West La Palma Avenue, Anaheim, CA 92801. The listing is free. ●

Militia Membership

After reading the article by Kirby Ferris in your May issue, I sent a notarized reprint of the "Declaration of Militia Membership" to the Governor of the State of Oregon (Barbara Roberts). Please find enclosed the answer they sent me. Please note the last sentence in which they state that "the State of Oregon neither endorses nor sanctions... [my] Second Amendment rights."

Kenneth I. Davison
Charleston, Oregon

Dear Mr. Davison, Your personal Declaration of Militia Membership was received by certified mail and was forwarded to the Military Department for reply. It is on file with the Oregon Military Department and while interesting, it is not necessary. The Federal Militia Act to which you refer was 1792 and its general provisions were relatively unchanged until "The Dick Act" of 1903. The Dick Act substantially changed and took the place of the Militia Act of 1792. All the old provisions for enrolling all male citizens 18-45 and for keeping personal weapons on hand for military purposes were eliminated. In essence, the "unorganized militia" became the demographic base for Selective Service. By receipt of this document, the State of Oregon neither endorses nor sanctions your claims of membership in the militia or Second Amendment rights. Sincerely, Byron N. Schriever, Lieutenant Colonel, USA (Ret.), Executive Officer, Oregon National Guard.

ABCs of First Aid

In the article "Remote Medical Treatment," (May 1991) there is a small but important inaccuracy. The author writes on page 64, "This is urgent first aid and consists of checking, restoring and stabilizing the ABCs: Airway, Bleeding, Circulation." The standard meaning of ABC in emergency medicine is: Airway, Breathing, and Circulation. The use of the term "ABC" is relevant to every level of emergency medical training from basic first aid to paramedic. Every source I was able to check listed Breathing, not Bleeding, as the meaning for the "B" in ABC. Airway comes first only because without a patent airway effective breathing is impossible. During airway assessment the mouth and visible portion of the throat are checked for blockage by the tongue, blood, vomitus, or other material. Breathing is

attended to immediately upon confirmation of airway patency. Breathing comes before bleeding or any other injury because within four to six minutes after being deprived of oxygen, brain damage, quickly followed by brain death, occurs. Circulation also comes before bleeding. If oxygenated blood is not being circulated to the vital organs the patient will soon die. Bleeding is fourth, not second, on the list of priorities. While often times dramatic, bleeding wounds are seldom as life threatening as the inability to breath or to adequately circulate blood to the vital organs.

Dan Piggott, EMT-1A
Susanville, California

Gun Control in Holland

I enjoy your magazine very much and I hope you will not give in to those foolish anti-gun law people. I know what it is like to live in a country where you have extreme gun laws, e.g. air rifles/pistols which are more than 175 meters per second are forbidden (you need a license), toy guns are forbidden when they look too much like a real gun, etc., etc. Use all the power that you have and keep fighting those anti-gun laws, because they simply don't make a difference to criminals. We have more than enough (criminals) with an awful lot of illegal guns and even more drugs. I'm damned proud of America, who with her allies, fought for the liberation of the free world, not for Kuwait.

Hans Dielemans
Hengelo, Holland

Burglars

Your article on "Burglars," (ASG, May 1991) reminded me of a story I once heard: St. Francis of Assissi told a shepherd who was hunting a wolf, "Don't shoot brother wolf, he too is one of God's creatures and you will make yourself a murderer." To which the shepherd replied, "If I don't kill him he will murder sister sheep and she also is one of God's creatures. And he will not only kill one sheep, but he will kill one every day of his life and bear many pups who will do the same. If I don't shoot the wolf I will be an even

greater and crueler murderer than if I did." To which St. Francis had no answer. Had St. Francis been a modern day liberal he would have started blaming society for causing the wolf's aggression. Unlike today's liberals, St. Francis wasn't a hypocrite and didn't portray the wolf as a victim of society.

Owen D. Camp
Bronx, New York

I appreciated your burglar article. You seem to be the first, and only, publication to tell it like it actually is. Every other article has had some sort of excuse for the poor, misguided, socially deprived, officially persecuted man who has "made a mistake." Judging from their writings, the liberals and apparently most of the cops and law establishment officials just don't give a damn about the victims. My VW was stolen recently and rather than hunt for the thief, San Francisco fined me \$125 for one day's storage of the stripped frame.

Paul Doerr
Suisun, California

Getting Out the Message

This is the way I preach to those who only hear the anti-gun side of the gun control debate, thanks to the media and press. I am a security officer who works in a major office building in the Socialist Republic of Cleveland, Ohio, and therefore have access to all of the different companies' bulletin boards. What I do is take all the pro-gun articles, info, and legislative updates I see in this magazine and others, as well as info sent to me from organizations like the NRA, GOA, and the Second Amendment Foundation, and post copies on the bulletin boards. I also leave copies at other professional places I might visit, for example: the doctor's office, car repair shop, or even shooting ranges. All of this info is free and such posting takes up none of your time since you already will be visiting these professional places. Hopefully this will help in changing the minds of those who have only heard the anti-gun side of the story.

Kim Rodecker
North Olmsted, Ohio •

MAIL CALL

Fighting Gun Control:

The Power Of Fear

By Marc Brutschy

'Public opinion with regard to our guns must be changed!'. . .



UZI MAC-10, AK-47.

What is it about the mere mention of these weapons that strikes terror into the heart of the average anti-gunner? So much so that these guns are rapidly becoming legendary as symbols of fear — a fear which is becoming stronger and more irrational each day. The media is consumed with it. Politicians are controlled by it. Fear is running rampant in our society and gun control is the obvious result.

If we wish to preserve the right to private gun ownership in this country, we must understand the origin of this fear and *learn how to use it to our advantage*.

We must first understand the nature of the anti-gunner before planning our strategy. If we examine the culture of our country as it existed 100 or more years ago, we would find that a fear of firearms did not exist — rather, the reverse was true. Firearms were considered intrinsic to the survival of families who settled the frontier. Much as an axe or a plow, a gun was seen as a tool for daily survival. It provided food, rid farms of pests, and enabled families to defend themselves against intruders, both wild animal and human.

What has changed?

The way we live, more than anything else. The mass exodus to large cities, which is still going on, and the advent of modern technology have led to a

populace which is utterly dependent upon its government for life sustaining services such as food production, medical care, and especially self defense. How many city dwellers are able to make their own clothing, build their own shelters, or make their own bread out of wheat they harvested themselves?

So then why are we surprised that so many people in modern society are totally unfamiliar with firearms? Yet this is where their fear and hatred of guns first begins! People are naturally afraid of things they do not understand. And such is the fear that a loaded gun can inspire that many people cannot bear to be in the same room with one. No one is pointing it at them. They are afraid of the gun itself. No longer perceived as a tool for their survival, it has become a threat to it.

Add to this the media's shameless desire to capitalize on fear by sensationalizing every crime involving a gun, as well as many politicians' venal penchant for promoting public terror in exchange for votes, and the picture is complete. The fear has become self perpetuating.

What can be done about it?

Public opinion with regard to guns *must* be changed. It is the single most basic element in the war against gun control. Politicians who support gun

bans can be voted out of office only if the *majority* of the people oppose their policies. The anti-gun media will lose its monopoly on information and its grip on the hearts and minds of the people only when the *majority* of Americans recognize gun control propaganda for the hype that it really is. And public opinion is the key to obtaining that majority.

But how do we change public opinion? There are two ways. One is to control the media. By presenting the public with only that information which supports a certain view, that view becomes public opinion. Unfortunately, the media is presently controlled by gun control advocates.

There is a reason for this.

The media is a business in the most callous sense of the word. Anything that boosts ratings gets top priority. And guess what? Fear sells. Fear of death, fear of guns. The will to survive is one of the strongest human instincts. Tap into it on a large scale, and you control public opinion.

Hard as it is to accept, gun control groups have so far used fear as a weapon more effectively than we have. They control the media and refuse to allow equal time for opposing points of view. It has become an uphill struggle, and winning it will be anything but easy. (See "Media Boycotts," Jan. 1991 ASG.)

But there is yet another way to change public opinion. And it is far too powerful to ignore.

A grassroots campaign.

It would be directed *solely at people who do not own guns*, and its aim would be to convince them of the crucial importance of becoming gun owners themselves. Think about it. People who own guns do not feel threatened by them. Once a person becomes a gun owner, they will *naturally* see guns as necessary to their security and survival. And they will oppose gun control!

But isn't this trying to accomplish the impossible? What argument could possibly compel someone who fears and despises guns to become a gun owner?

Surprisingly, such an argument does exist. And it has a better chance of changing an anti-gunner's point of view than any other argument — precisely because it, too, is based on fear. The same fear that causes people to hate guns, and those who own them, in the first place.

Before we discuss it, though, we should examine a couple of common arguments against gun control and understand why they have been ineffective in persuading the public that guns should not be banned.

Valid vs. Compelling — There is a difference, a very great one, between an argument which is correct and one which is able to change someone's mind. A perfect case in point is the argument that gun control poses a great threat to freedom and liberty in the country. Yes, there is an enormous amount of historical evidence to support this argument as the tragic events in China and Lithuania have shown, but I have yet to see a single anti-gunner purchase a firearm in order to prevent tyranny. Why is this?

People who do not own guns have entrusted their personal safety, and the safety of their families, to their government. To suggest to them that America might ever degenerate into tyranny, become their enemy, is more than they are willing to believe. It threatens and undermines their sense of security. They don't want to believe it, and so they don't. Avoid using this argument on anti-gunners. Freedom makes them feel insecure, especially the freedom to own a gun.

This brings us to the 2nd Amendment guarantee of the right to bear arms. Yes, I know. This is a perfectly valid argument, as pro-gun people see it, but it is an abstract and intellectual one. Understand that these people are *afraid*, terrified of guns and the threat to their safety that they perceive guns to be. They know what they want the Constitution to say — if they have to alter its meaning, they will. And they don't give a damn about what James Madison wrote in Federalist 46, either. They are sure that, if we just get rid of all the guns, everyone will be safe.

Do you begin to see what we are up against?

Such is the power of fear that the only argument that will change the mind of the anti-gunner is itself based on fear — but not a fear of guns.

A fear of not having a gun.

This is the scene.

It is past midnight and a man is suddenly awakened by the sound of glass breaking from the downstairs floor of his home. While his wife grabs their two-month-old daughter up in her arms, he quickly turns the flimsy lock on the bedroom door.

There are voices coming from the floor below, and then the sound of footsteps on the stairs. He fumbles in the dark for the phone to call the police, but there is no dial tone. The intruders have already taken the extension off the hook. There is no time to escape through the window — someone is trying to force open the bedroom door.

His wife is sobbing, pleading with him to *do* something. There is a crash against the door and the sickening sound of wood splintering. In a state of panic, he looks around for something, anything to use as a weapon, but he knows with painful certainty that he, and his family, are utterly helpless.

We can only ask ourselves:

What would this man have given for a loaded 12-gauge shotgun and the skill to use it?

Perhaps the victims of scenarios like the one above will become gun owners, if they manage to survive. Fear will see to it. Fear of being helpless, of not having a gun. Never again will they allow themselves to live in fear once they discover that peace of mind is thrown in for free with the purchase of a firearm for self defense.

But the cost of learning this lesson is much too high.

Readers of *ASG* already know that preparedness is the key to survival. The average non-gun-owner can be made to understand this, too. Everyone wants to defend their family against criminal aggression, and a gun is the single most effective way of doing so. It is the duty of every gun owner to make this clear to their non-gun-owning friends. And by doing so, convert their fear of guns into a fear of not having a gun.

But it is important to start off properly. Avoid discussing self defense with anyone who, for whatever reason, could not take a human life even to save their own. Respect their views and move on to someone who fears guns, but fears violent criminals even more. Do not try to terrify them with crime statistics, or deride them for failing to defend their family. Instead, let them know you identify with their concerns. Whenever the subject of violent crime comes up, use it as an opportunity to express your interest in home security, and your desire to protect your family. Then mention how purchasing (or own-

ing) a firearm has given you tremendous peace of mind, and that you wouldn't feel secure now without it.

Ask them if they own a gun.

If not, offer to help them if they ever decide to purchase one. Be patient and do not try to convert them to gun ownership in a single day. Allow time for the idea to take shape in their mind.

Bring up the subject in a casual way every now and then to remind them. If they appear interested in using a gun for self defense, by all means offer to help them learn about guns. Invite them to the range to fire the guns you own, teach them about gun safety, make it easy for them to make gun ownership part of their lives. Take pains to demystify firearms jargon for them. Lend them your books and magazines about guns so that they can learn on their own.

Above all, avoid the desire to boost your own ego by being the "big shot" expert on guns. Your image should be of a responsible, average person interested in self defense. Make reasonable recommendations regarding the selection of firearms, taking the person's situation into consideration. Voice your personal preferences, but don't try to control their final decision. Remember, the goal is to help them become a gun owner — the choice of a gun should be left to them.

Learn everything you can about firearms for self defense. Which guns are safest around children? How much money do the various types of guns cost? What are the laws regarding self defense in your state? These things are important if you really want to succeed in convincing people to become gun owners, in spite of their fear of guns.

Be patient. It takes time for people to change their point of view. But once they do, no media campaign will ever again be able to persuade them that guns should be banned. Guns will have become a tool for their survival, and an essential part of their security and peace of mind.

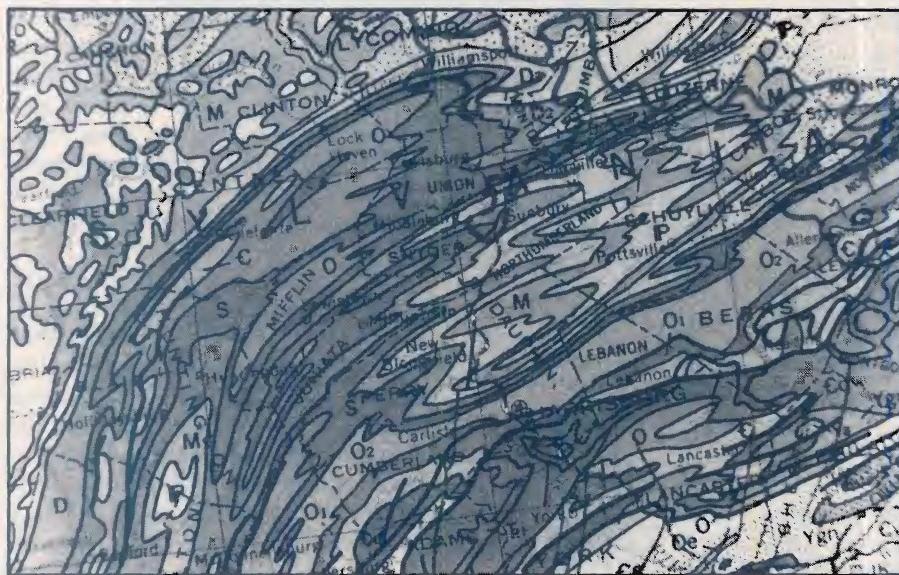
Lastly, remember that every person you convert counts for two votes: one against gun control and the one they didn't place for it. If each of us convinces only one person to become a gun owner, support for private ownerships of guns in this country will double.

Fight gun control in every way you can, but don't ignore the power of fear. Because, as someone once said: "The only thing we have to fear is fear itself." ●

Specialized Maps

USGS maps and satellite photos contain important information for now and future use...

From the "Geologic Map of the United States," a portion of Pennsylvania.



By Scott Stoddard

THE availability of accurate maps, be they ordinary highway maps, detailed topographic maps, or local city/street maps, can be a barometer of a country's freedom. While most Third World countries don't have the resources such as satellites, expensive cameras, or qualified personnel to produce quality maps, there are developed and undeveloped countries that don't want their populace to have good maps. This paranoid attitude seeps in when liberties are at risk.

The U.S. Geological Survey (USGS) is responsible for the excellent topographic maps that are available for every square inch of the United States. These maps feature contour lines (usually in brown) that show the shape and elevation of the terrain. Rivers and water bodies appear in blue and man-made objects are colored black. These maps, along with a good compass, are what hikers and backpackers use to navigate in the backcountry.

USGS publishes shaded-relief editions of certain topographic maps to show physiographic features of special

interest for some special maps and for some state, antarctic, and national park maps. The pictorial effect of such maps is emphasized by relief shading — a halftone overprint that simulates the appearance of sunlight and shadows on the terrain and creates the illusion of three-dimensional topography. These maps may help a beginner learn to read ordinary topographic maps.

Topographic-bathymetric maps show contour lines with elevations for land above sea level and isobaths (depth contours) for land below water. These maps are used by oceanographers, marine geologists, conservationists and others interested in coastal zone management.

Geologic maps are of special interest to those living in earthquake-prone areas. These maps show rock types and named geologic units exposed at the surface (or inferred to be near the surface), geologic faults, anticlines, synclines and mineral resources. Although the major oil and energy companies have locked up production of our nation's energy resources with government's help/hindrance, survivalists may one day find maps such as coal

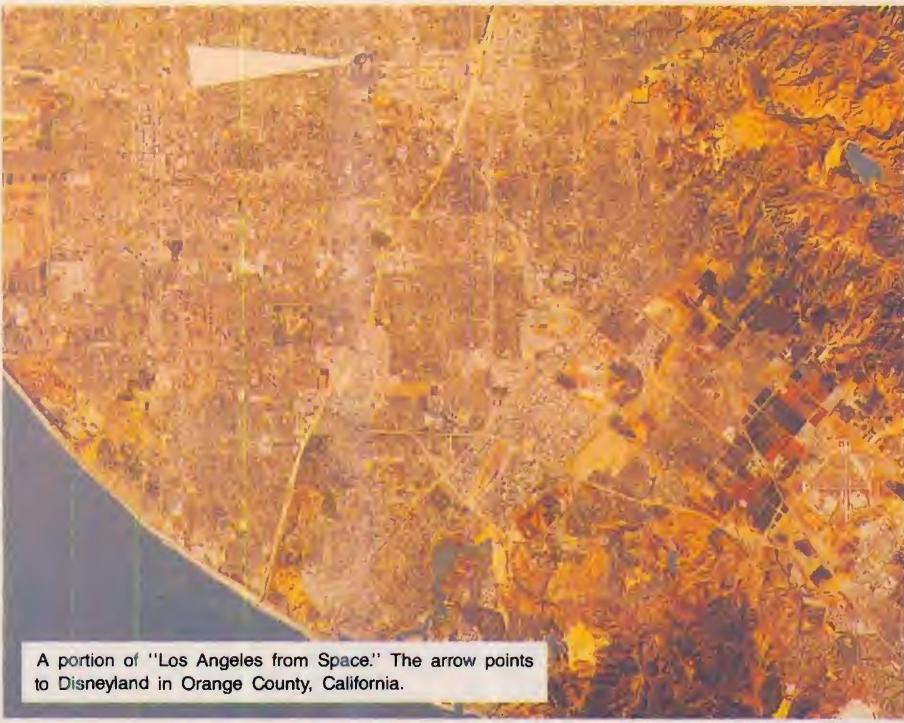
investigations resource maps, oil and gas investigation maps and charts, and mineral investigations resource maps to be invaluable references. They show bedrock geology, stratigraphy, and geographic distribution of these important minerals and energy resources.

Hydrologic maps show a wide range of water-resources information such as depth to ground water, floods, irrigated acreage, producing aquifers, availability of water on Indian lands, surface water discharge to oceans, chemical or mineral content of water, surface impoundments and water temperature.

Other specialized maps available include: World Seismicity Map, Generalized Tectonic Map of North America, Coal Fields of the U.S. and thematic maps showing: annual sunshine, average max/min. temperature, major forest type, population distribution, natural vegetation, etc.

Satellite Photo Images — Satellite maps are available showing infrared details of vegetation (usually in red) and normal color photographic images. We purchased a laminated satellite view of the Los Angeles basin showing 4,000 square miles from space. The image is so detailed that you can pick out airports, freeways, baseball stadiums, commercial and industrial complexes, and even Disneyland which is a few miles from ASG offices. These maps are available for major cities (New York, Boston, Washington D.C., San Francisco, San Diego). They provide a birds' eye view of the area and get you thinking about possible evacuation and future catastrophic events.

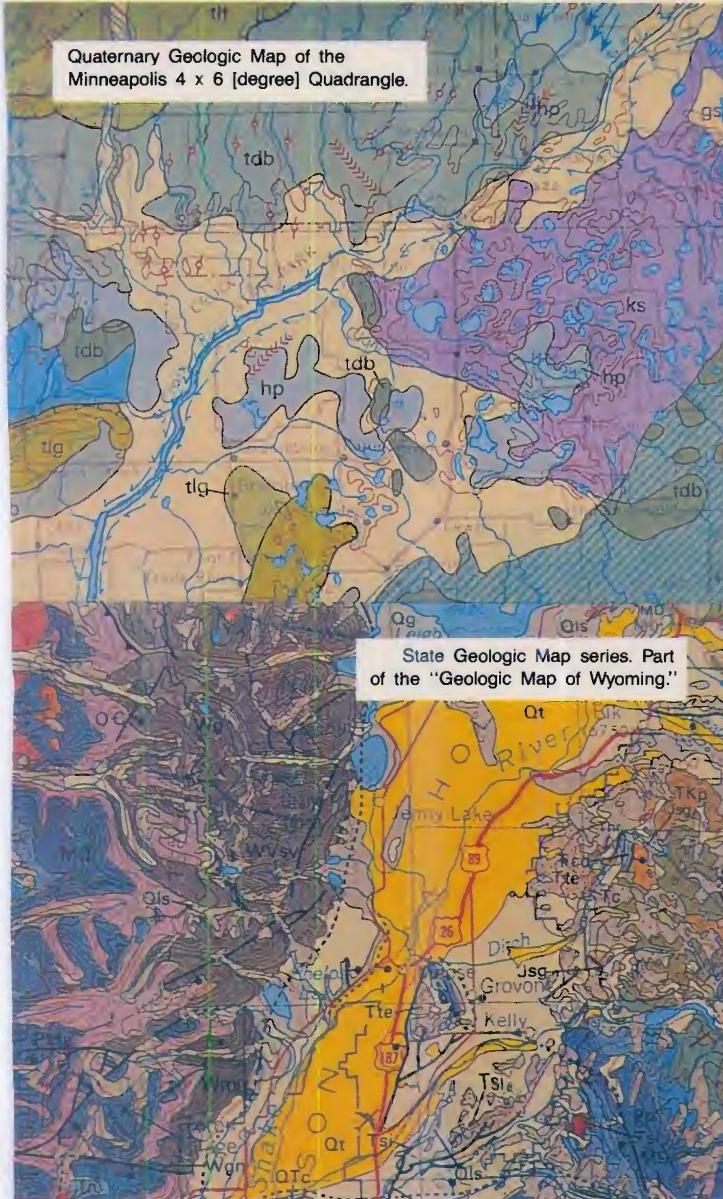
The National Mapping Program maintains records of aerial photographic coverage of the United States and its territories. When the program began in the 1930s most of the photos were black and white. Later use of color and color-infrared film was introduced. The National Cartographic Information Center, part of the USGS, has an index to help you locate which



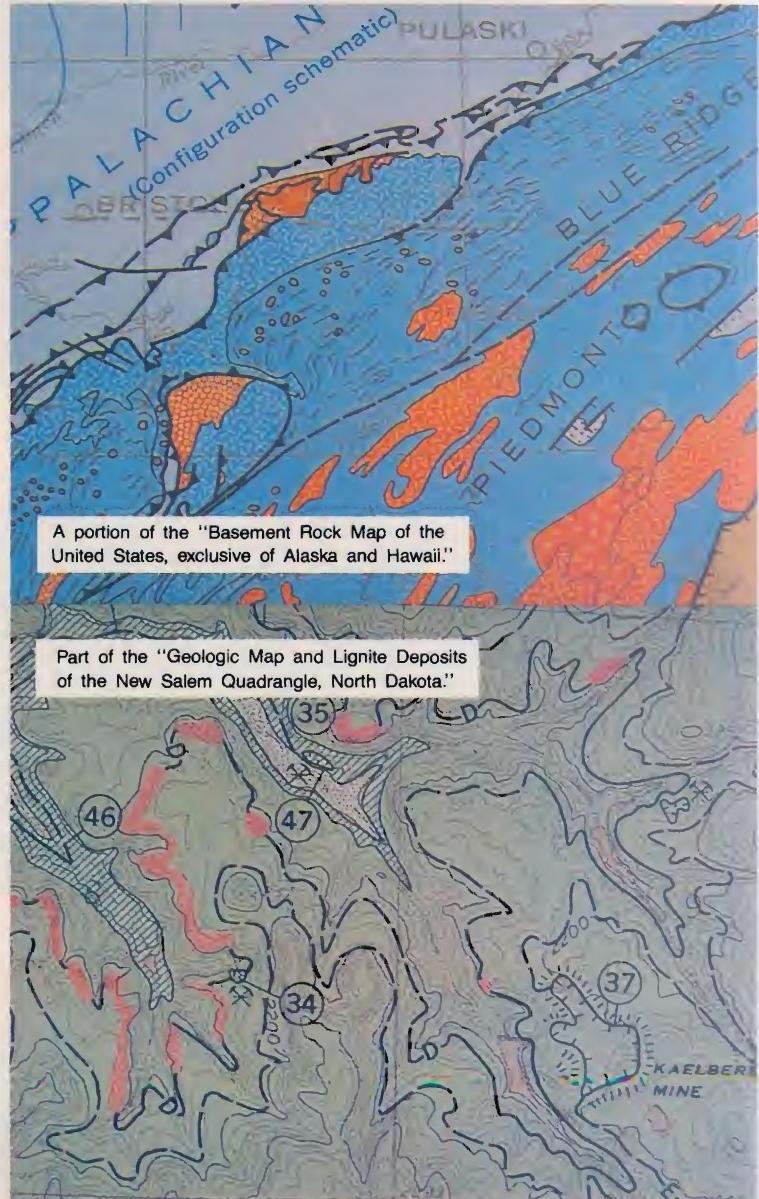
A portion of "Los Angeles from Space." The arrow points to Disneyland in Orange County, California.

map you need. Requests should be made using longitude and latitude coordinates.

To buy USGS maps by mail it's best to first obtain the general Catalog of Maps pamphlet to determine which maps you would like to order. Write to the Map Distribution Section for the appropriate indexes, price lists, and order forms for the types of maps you want. Then fill out the order form and mail a check to: Map Distribution Section, U.S. Geological Survey, Federal Center, Box 25286, Denver, CO 80225. Alaska residents order maps from: Alaska Distribution Section, U.S. Geological Survey, New Federal Building, Box 12, 101 Twelfth Avenue, Fairbanks, AK 99701. For major city satellite images mentioned above write: Spaceshots Inc., 11111 Santa Monica Blvd., Suite 210, Dept. ASG, Los Angeles, CA 90025; (213) 478-8802 or (800) 446-2437. ●



Quaternary Geologic Map of the Minneapolis 4 x 6 [degree] Quadrangle.



A portion of the "Basement Rock Map of the United States, exclusive of Alaska and Hawaii."

Part of the "Geologic Map and Lignite Deposits of the New Salem Quadrangle, North Dakota."

Dropped By Aircraft:

Ocean Survival Rafts

A rig which can be dropped by helicopter or fixed-wing aircraft and used with hardly any effort by survivors in the water...

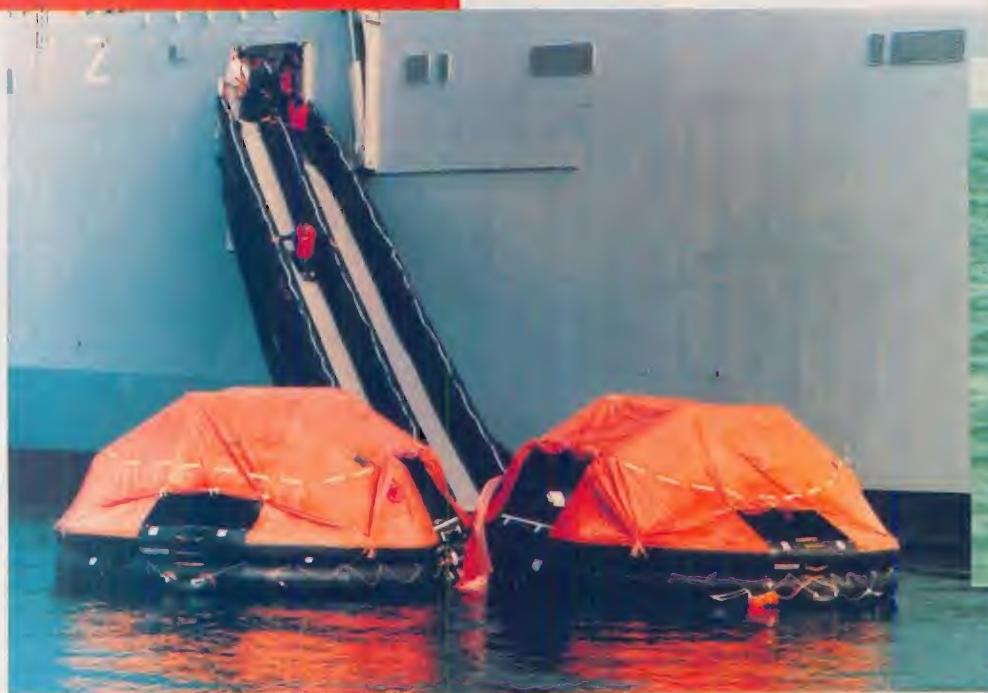
RFD Ltd. 42-person reversible life raft



A marine escape slide system developed by RFD for use with its rafts by passengers on large ferries, ships, etc.



The rafts can be quickly air-dropped to survivors in the water and utilized with hardly any physical effort.



A new combination of equipment, designed to safeguard the lives of survivors on the ocean, has been announced by a British manufacturer of safety devices, RFD Ltd., of Godalming near London.

States which are parties to the International Convention for the Safety of Life at Sea 1974, or the Convention on the High Seas 1958, which includes the U.S. are required to run search and rescue (SAR) organizations.

Without going into full details of all the resources available in the event of an emergency, it is enough to say that within the scope of air and maritime activities, aircraft are specially suitable for covering large areas of ocean.

The problem is, that although helicopters are most useful in picking up survivors from vessels, life rafts, and the sea, they suffer from limited range by comparison with fixed wing planes. On the other hand, fixed wing aircraft can either fly high to carry out radio searches, or low and slow to conduct visual searches, but they suffer from the disadvantage that once they have found the survivors in the ocean they cannot pick them up and have to summon assistance. By the time help arrives the survivors may have died of exposure.

The obvious solution to this problem is to be able to drop some means of preserving the lives of those at risk, so that they will last until help arrives in the form of a vessel or chopper. This is not a new idea, but not all of the solutions put forward have been entirely successful for various reasons, such as the inability of an exhausted survivor to right even the smallest life raft in a strong wind.

Now, however, RFD Ltd. claims to have designed a rig which can be dropped from either helicopter or fixed wing airplane and can be used with hardly an physical effort on the part of the survivor. There is no doubt that, in cold or temperate areas, the length of time that a survivor is in the water is crucial. This is illustrated by the figures below. For example, although a survivor with no special protective clothing may last as long as 12 hours or more in water 15-20 degrees C. (60 degrees F.), at lower temperatures survival times are very much shorter and shock, injury, fatigue and wind chill may have a further dramatic effect.

The International Maritime Organi-

zation SAR manual says that life rafts, ready packed for dropping, should be available for use: 1. When survival craft have not been launched successfully or have been damaged. 2. When survival craft have become unserviceable. 3. When there are too many survivors in a survival craft. 4. When survivors are in the water.

Obviously, there are many other occasions which qualify, such as when yachtsmen find their boats sinking beneath their feet, or when a trawler is about to capsize in heavy weather, but in all these cases the main aim is to keep potential survivors as dry as possible for as long as possible.

The new SAR-Raft has been designed to meet certain well-defined criteria, i.e., universal application, minimal weight and bulk, simple means of launching, and easy handling. It can be used from most types of fixed wing aircraft or helicopter at dropping speeds of anything from 70 knots to 140 knots, from heights of 100-300 feet with considerable accuracy. These aircraft need no modifications and their crews need very little special training.

If the number of survivors in the water merits it, then a pattern of rafts, all interlinked, can be dropped using a "sideslip" method of helicopter deployment which has to be carefully thought out in advance.

What, then does the assembly consist of, and how is it deployed?

The main component is, obviously, the actual raft, which was developed for use on North Sea offshore support helicopters. It has reversible construction which eliminates the difficulty of righting it if it hits the water upside-down, and it has large inflated boarding ramps which help waterlogged survivors to crawl aboard. It comes in 7-man, 10-15-man, and 14-21-man sizes weighing 35 kilograms, 40 kgs., and 45 kgs. respectively. When dropped into water the raft automatically inflates, but it has a lock-out safety fitting which stops it doing so by accident before hand.

A floating line is led from the raft to a small parachute which, on dropping of the raft, pulls out from the raft pack the full 150 meters of the polypropylene floating line. On the far end of this floating line is a flotation bag which is colored bright orange and automatically inflates on contact with the sea. A water activated light on top

of this bag increases its visibility.

This then, is the basic system. To operate it the raft is simply pushed from the open door of the aircraft and a static line anchored to the plane pulls a pin at one end of the life raft pack. As the raft falls free the spring vane parachute pops out and opens, so that as the raft continues to fly forward and down the floating line is stretched between raft and chute/flotation bag. From a height of about 150 feet at a aircraft speed of, say, 100 knots, the raft would "fly" for about 3 seconds. When it hit the water and inflated the line should be stretched over the surface from raft to flotation bag.

So much for the equipment. What about the technique?

There is no point in dropping a raft assembly down-wind of the survivor(s) because it will simply blow away to leeward before it can be boarded. If, however, the pilot of the aircraft drops a smoke canister to determine wind-speed and direction, then the raft assembly can be dropped up-wind, so that both flotation bag and raft will drift to leeward with the flotation rope stretched between them. When the rope reaches the survivor(s) it is a simple matter to haul on it and scramble into the raft. It then remains only to inflate the canopy for shelter and get to work on the survival rations, etc.

If the number of survivors in the water merits it, then a pattern of rafts, all interlinked, can be dropped using a "sideslip" method of helicopter deployment which has to be carefully thought out in advance.

The RFD company has been, for several years, involved in the development of a special type of slide, or chute, for the rapid evacuation of large numbers of passengers from roll-on roll-off ferries. The disaster in Zeebrugge harbor, involving the loss of hundreds of lives triggered a vast amount of criticism and complaints that passengers were simply not safe in the event of another such accident. A further catalyst was the recent addition of what is known as the wave-piercing catamaran to the cross-channel fleet of ferries running from south coast ports in Britain to Atlantic ports in France.

The purpose has been to provide special slides which can be used to quickly transport passengers into waiting life rafts. These slides are inflated very quickly in emergencies and may have twin tracks so that passengers can be bailed out much more quickly than before. ●

Preparedness Expo '91

(Continued from page 42)



Colonel James "Bo" Gritz, America's most decorated Green Beret commander during Vietnam, will speak on the subjects of the world drug trade, and government's denial of the Constitution.



William Cooper, a former Naval intelligence officer, will speak at the expo on the topics of UFOs, the New World Order, and the Kennedy Assassination.

Rambo, Missing in Action and Uncommon Valor. He is the author of the book, *A Nation Betrayed* and is very pro U.S. Constitution. He will be speaking on the subjects of: How we can win the war on drugs, the world drug trade, U.S. secret parallel government, and his ideas for getting our country back on track with the constitution.

Another fascinating speaker will be William Cooper, former member of the Navy Intelligence Briefing Team and author of *The Secret Government: The Origin, Identity and Purpose of MJ-12*. He is an expert on UFOs, the Kennedy assassination, and the "New World Order."

Lindsey Williams was the chaplain during construction of the Trans-Alaska Oil Pipeline and has written

the book, *The Energy Non-Crisis*. His role as a chaplain accorded him executive status with the nine major oil companies working on the pipeline. This lead him to gain inside information that catapulted him into a decade and a half quest for information on our government's role in energy, finance, and the Federal Reserve. Mr. Williams will be presenting his ideas and insights during the expo as well as offering his many books and tapes for sale.

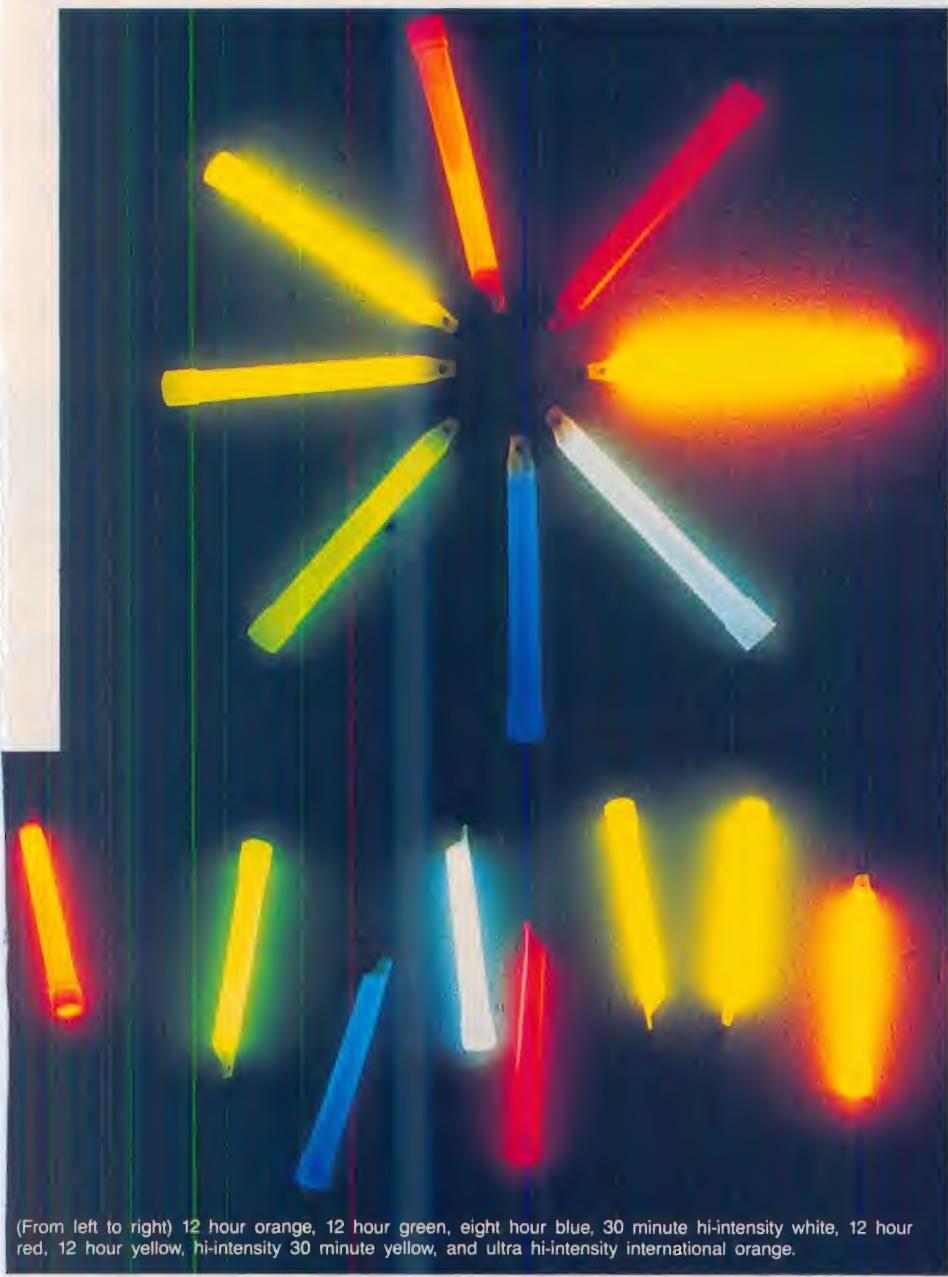
Tickets to the Preparedness Expo '91 and the seminars that will coincide with this event will be available at your local ticket outlet. For exhibitor information contact: Dan Chittock, P.O. Box 3254, Salt Lake City, UT 84110; (801) 561-8242. ●

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Cyalume Lightsticks

Bend, snap, and shake for instant light . . .



(From left to right) 12 hour orange, 12 hour green, eight hour blue, 30 minute hi-intensity white, 12 hour red, 12 hour yellow, hi-intensity 30 minute yellow, and ultra hi-intensity international orange.

Staff Evaluation

LIIGHTSTICKS work simply — so easily that even a child or an infirm adult can use them without instruction. Just bend, snap, and shake and you have instant, safe lighting.

Cyalume lightsticks work by means of a chemical reaction. When you bend the lightstick, a glass ampule breaks inside the plastic tube releasing a chemical activator (peroxide). This activator mixes with a chemical that contains a fluorescent compound which determines the color of the lightstick.

Emergency Lighting:

Ultra high-intensity lightsticks contain a catalyst that promotes a faster reaction and a brighter light.

For disaster preparation, lightsticks can't be beat. They provide a full 360 degrees of safe, cool light — no need to worry that your light source would ignite gas fumes or explosive materials. Ideal for evacuation in power blacked-out office buildings, darkened stairways, and to signal for help. Since lightsticks are windproof and waterproof, they can be used at sea by small craft such as kayaks and sailboats, underwater by scuba teams for search or salvaging work, and by police and fire personnel for traffic control and worker identification.

Lightsticks will store two to four years as long as they stay sealed in their foil wrapper. This makes them useful for survival and 72 hour kits. The chemical solutions inside the lightstick are non-toxic and will not cause injury to the skin or eyes. Just flush with water should you accidentally break open a lightstick.

We tested a number of lightsticks and compared their brightness and longevity. Of course the five minute ultra hi-intensity international orange won hands down for brightness. The hi-intensity white and yellow last for a good 30 minutes and provide adequate light for reading and writing. In fact, the 30 minute hi-intensity yellow would make a good choice over the ultra hi-intensity orange — a little less light for six times the light duration at a cheaper price.

The work horses are the 12 hour greens. They provide a good strong light for three to four hours and then a little weaker light for another nine hours. Other colors like red and blue provide less light and are useful for identification rather than area illumination. In the movie *Rambo III*, Stallone uses a blue lightstick while in a cavern under the desert. We have never seen blue lightsticks glow that bright in person. Blues are probably the dimmest lightsticks available. They would be useful for a group of night hikers (personnel ID), trail marking, or equipment identification.

Cyalume lightsticks are available from a number of ASG advertisers including NITRO-PAK, SI and Sierra Supply. Buy at least six and stash some in your desk drawer at work for daytime evacuation of the office. •

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